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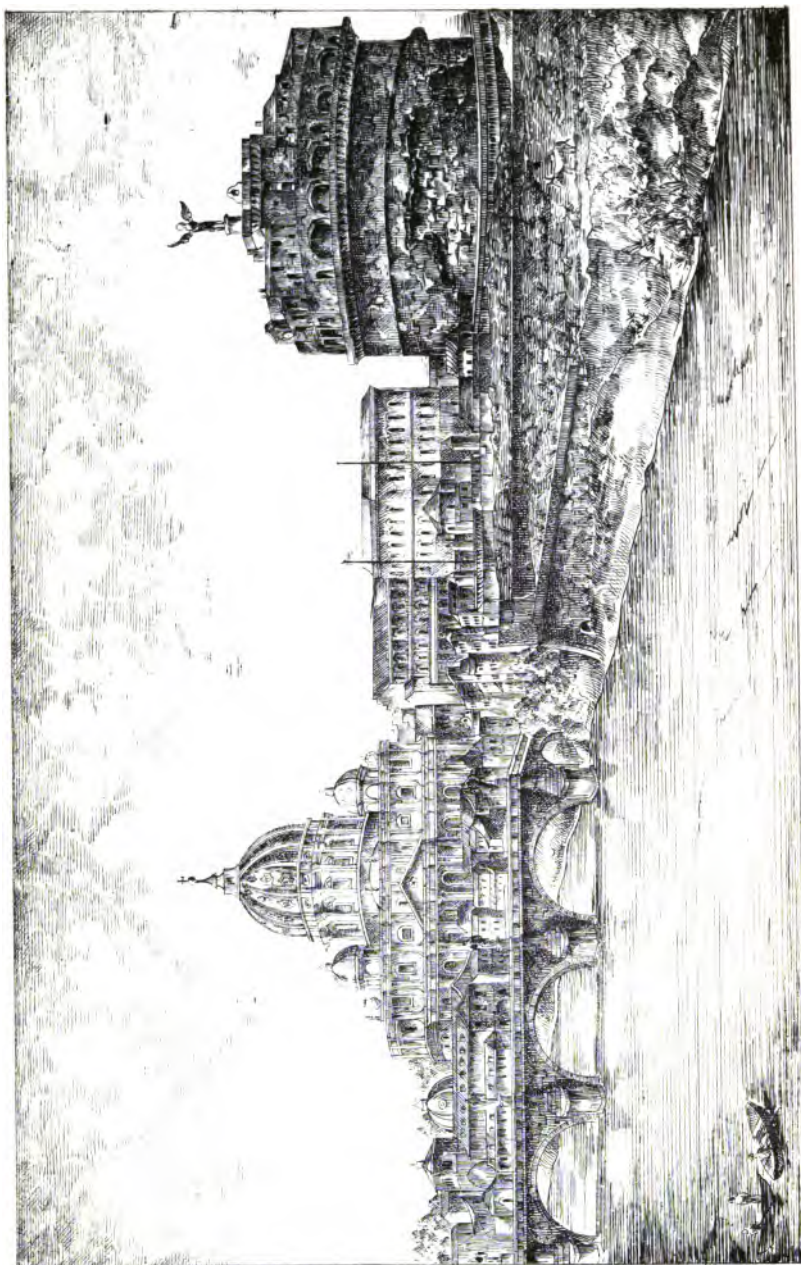
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ROME FROM THE TIBER.

CONVENTIONAL TRAVEL:

THE OLD WAY.

INFORMATION FOR THE TRAVELLER.

ADVANTAGES OF THE NEW.

By EDWARD NORTON, Esq.

“*Dieu et mon droit*” — *Adieu*!

LONDON:

J. ADAMS, 55, FLEET STREET.

1848.

CONTINENTAL TRAVEL;

WITH

AN APPENDIX

ON THE

INFLUENCE OF CLIMATE, THE REMEDIAL
ADVANTAGES OF TRAVELLING,

&c.

By EDWIN LEE, Esq.,

MEMBER OF THE PRINCIPAL EUROPEAN MEDICAL SOCIETIES, &c.

"Dico di quel che non sapete forse." — ARISTO.

LONDON:

W. J. ADAMS, 59, FLEET-STREET.

1848.

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P R E F A C E .

THE present volume is adapted for home reading as a book of travels, as well as for an indicator to the continental visitor or valetudinarian; giving an account of local peculiarities and the leading objects of interest, without entering into the ordinary details of guide-books, and dwelling more particularly upon points which have reference to health:* the author's object being to impart condensed information relative to those parts most frequently visited, from which may be formed a more correct appreciation of their advantages, as compared with our own country, than is usually the case. The work may, in fact, be regarded as an improved edition of one which appeared some years ago, and was very favorably received, entitled "Memoranda on France, Italy, and Germany," subsequent visits

* Information respecting modes of conveyance, hotels, &c., may be derived from *Bradshaw's Continental Railway Guide*, which is issued monthly.

abroad having enabled the author to alter and adapt it in accordance with his increased opportunities of observation, and to the circumstances of the present times, respecting which he has offered such comments as the recent course of events seemed to justify. In the Appendix are subjoined remarks on the general influence of climate and travelling, as also on some prevalent causes of disordered health among the upper classes of society, which so often necessitate a recourse to these and other remedial means of relief; and if, by directing attention to these causes, the author can be at all instrumental in preventing the frequently irremediable consequences which their persistence entails, he will derive much satisfaction from the consciousness that his endeavours have not been useless.

London; August, 1848.

P O S T S C R I P T.

THE recent course of events has tended to corroborate the opinions expressed in the text—France having passed through one of the phases of republicanism, and being now subject to a military dictator, which may be considered as the prelude to the re-establishment of the monarchy at no very distant period.* The reverses of the King of Sardinia, in Northern Italy, will most probably give rise to French intervention (as soon as the troops can be with safety spared from France, inasmuch as occupation must be found for the large army, and a vent for the turbulent), with the probable ultimate annexation of Savoy to the French territory; but, as Austria now forms part of the general league, a collision with that power must entail war with Germany. At Rome the power of the Pope is becoming more and more circumscribed.

August, 1848.

* The *Westminster Review*, in noticing the proof sheets of this work, before publication, observes, "The truth of the author's observations (as respects France) has been manifested during the late deplorable events in the French capital."

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THE
CONTINENTAL TRAVELLER
AND
INVALID'S HAND-BOOK.

CHAPTER I.

ROUTES TO PARIS—BOULOGNE—PARIS—FRENCH CHARACTERISTICS—
RECENT CHANGES—CLIMATE, AND MEDICAL PRACTICE.

CONSIDERING Paris as the first point to be reached by the traveller proceeding southward, each of the routes presents its advantages. That by Brighton and Dieppe is the most direct, but the sea passage being of five or six hours' duration, the communication is much less frequent than across the narrower parts of the Channel, and in the winter months is altogether interrupted: the entrance to Dieppe harbour is not very good; and, on account of there being no harbour at Brighton, the landing and embarkation there is not always practicable, in which case passengers have to land at Shoreham. Dieppe is a neat town of 16,000 inhabitants; the *Grande rue*, running through to the port, contains the best hotels, and in the season has a cheerful and animated appearance. The port is spacious, and

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is commanded by a citadel and castle. The principal inducement Dieppe presents for the temporary sojourn of strangers is the bathing, this being the nearest sea-bathing establishment to Paris. The baths are under the superintendence of a physician inspector, as at the other sea and mineral bathing-places in France. Between Dieppe and Paris the country is agreeably diversified, the road passing through the most fruitful part of Normandy, and the journey by railroad from Rouen being made in about four hours. Except the cathedral, St. Ouen, and the quays, there is little to interest the passing traveller in this city. Between Dieppe and Havre the scenery of the Seine is, however, of the most interesting description, especially where the river widens out, near Quillebœuf. This is an inducement with some to prefer the Havre passage from Shoreham, which lasts about an hour and a-half longer. This is one of the finest ports of France, admitting the largest vessels, and regularly communicating with America, St. Petersburg, and other important points. There is at Havre a small English colony, and the establishment Frascati presents some resource for recreation. Most of the merchants and English residents live at the large suburb Ingonville. The objection to a long *trajet* will, however, always induce the great majority of travellers to prefer the two hours' passage between Folkstone or Dover, and Boulogne and Calais, especially as the railroad is

now open from the former town to Paris, which may be reached in about eight hours.

Boulogne is an agreeable town for a short residence in the summer season, and has been of late years a good deal resorted to by families from England, on account of sea bathing, which is excellent, a fine sandy beach extending at low water eastward of the port, which has been greatly improved by the construction of a jetty along the ridge of rocks that formerly rendered the entrance less safe. The streets are clean, wide, and have an animated appearance; and several of the shops are handsome. The lower town lies at the base and up the acclivity of a steep hill, on which stands the high town, inclosed by ramparts, planted with trees, and forming an agreeable promenade, whence extensive views may be obtained of the surrounding country. The population amounts to thirty thousand; many *rentiers* reside in the high town, whilst the inhabitants of the lower town are for the most part engaged in commercial and professional avocations, are lodging-house keepers, or connected with the port.

The environs are agreeable, and the air is light and bracing, but the winter is generally severe, on account of the northern aspect and unsheltered position of the town, and cold winds and storms are of frequent occurrence. Boulogne is, however, on the whole, a healthy place of residence, and generally agrees well with children, though it would not be an advisable place for delicate

persons, or for those who are "servile to skyey influences." The resident English population usually averages, in peaceful times, between three and four thousand, many being induced to select it for an abode on account of its neighbourhood to England, its comparative cheapness, and the facilities for education. There are also several officers on half pay, and some whose means of existence are more problematical. Boulogne is also often referred to as a place of resort for those who are under the necessity of a temporary or prolonged absence from England; the society has consequently acquired the reputation of not being the most select. The superior class of the Boulognese are generally courteous in their demeanour; the lower orders are for the most part sober, good-tempered, though at times *emportés*, fond of gaiety and dancing, and civil to strangers; the women are strong, and work hard. Boulogne possesses a tolerable museum and reading-room, where the English papers are daily received. The most usual lounge is on the port and jetty to watch the arrival and departure of the packets.

Nothing is lost, as regards scenery, in journeying by railroad to Paris, the country being, for the most part, a continued succession of hill and dale, and though generally productive in corn, is but scantily wooded, and offers but little to interest the traveller. The few chateaux seen on the roadside are most of them formal looking

and cheerless, and the absence of detached cottages are characteristic of the more gregarious habits of the people. The pleasures of rural life, and the country house society, so universal in England, are but little known or appreciated; field sports being comparatively little followed in France, landed proprietors, consequently, seldom reside on their estates for more than a few weeks in the year, the great majority preferring the attractions of the capital, the larger provincial towns, or the watering-places. The French peasantry are generally robust, and more sober than the English, living principally upon bread, vegetables, milk, and bad wine, and eating meat only once or twice in the week; the villages and hamlets in which they congregate, though improved in appearance of late years, look anything but attractive.

The dull town of Abbeville contains nothing of interest but its fine cathedral. The same may be said of Amiens, which, however, is a more tolerable place of residence. Beauvais, which is at some distance from the line, lies in a more agreeable part of the country and has a more cheerful aspect. Its cathedral and the tapestry manufactory are worth visiting. At St. Denis the fine old cathedral, and the tombs of the kings of France in its vaults, will be viewed with interest, and will well repay the time occupied in an excursion from the metropolis.

Few cities stood in greater need of improve-

ment than did Paris some years ago, and there is perhaps none in which so much has been effected in so short a space of time. New quarters have arisen in various directions; numerous streets have been widened, and foot-pavements added; and the greater cleanliness both in and out of doors, as well as the improved accommodation generally, render the meaning of the word *comfort* (which the French language has adopted) now better understood. The speedy completion of several new edifices and public works is in great measure owing to the ex-King, who, it is said, contributed largely to the embellishment of the capital.

Standing near the obelisk, in the Place de la Concorde, the stranger may enjoy a *coup d'œil* unique in its kind. The splendid appearance of the Place, and of its two fountains, the view of the bridge and Chamber of Deputies, of the beautiful newly-erected *facade* of La Madeleine, of the gardens and palace of the Tuileries, and of the magnificent arch of Neuilly, seen through the vista of the Champs Elysees, will leave an indelible impression upon the memory. Another view, scarcely to be equalled in Europe, may be obtained from either of the bridges opposite the Tuileries. The extent of this palace and the Louvre (near half a mile), the spacious quays teeming with life, the light cheerful aspect of the houses, the two branches of the river passing between the Pont Neuf, and having enclosed the

Ile de la Cité, uniting into one broad stream, with the venerable towers of Notre Dame, rising high above the surrounding buildings, form an *ensemble* which could hardly fail to attract the attention of the most indifferent spectator. The visitor will also be highly gratified by the panorama of the city displayed from the summit of Notre Dame, or of the arch of Neuilly, the clearness of the atmosphere on a fine day enabling him to see the whole at a glance.

If the city have undergone great changes within the last twenty years, still greater had taken place in the demeanour and character of its inhabitants. Paris, and indeed France in general, could not, even before the recent change from a monarchy to a republic, have been termed with propriety the

“Gay, sprightly land of mirth and social ease,
Pleased with itself, whom all the world can please;”

for instead of the polite, light-hearted people of former days, one more frequently met with serious, anxious, business-like countenances; vivacity had given place to a sedate demeanour, and to comparative taciturnity, and *brusquerie* was not unfrequently witnessed in public places.* The

* “My first impression of the French character,” says Mr. Matthews, “is, that it must be greatly changed from that gay and lively frivolity of which we used to hear so much. My fellow-passengers are serious and reserved; each man seems to suspect his neighbour, and at the tables d’hôte, where I have dined and supped during my route, the company could not have been more silent and sombre if the scene had been laid in England in the month of November.”—*Diary of an Invalid*.

love of self appeared in a more prominent light, the acquisition of money being the object of the great majority of all classes, and there are few strangers but have had to complain of the greater disposition to take advantage on the part of the tradespeople, and others with whom they were brought into contact. The women were not free from this reproach, being often more *exigeantes* than the men. Titles of nobility being no longer hereditary, were but little estimated, wealth being the idol to which most bowed. Among the upper classes the talent of conversation is possessed in a high degree, and egotism is at least more veiled by the exterior forms of politeness; the essence, however, which consists not merely in a courteous demeanour, but in doing civil and kind acts without interested motives, even though it may be at some personal inconvenience, is much more rare at the present day. The following observation of Mr. Matthews, as regards the difference of manners between the French and certain individuals among the English, is still pretty correct:—"There is in France a universal quickness of intellect and apprehension, and a perfect freedom from that awkward embarrassment of manner which is in England, I believe, denominated clownishness. As far, therefore, as the mere outward air of good breeding goes, almost every Frenchman is well bred, and you may enter into conversation with a French servant or cobbler upon any of the topics that are common to the

mixed company of rational and intelligent people all over the world, without any fear of being disgusted by coarseness or vulgarity." The great majority, especially of the upper class of Parisians, has been, in fact, educated more with reference to society than to domestic life, if the thronged *reunions* and *liasons de salon* can be called society; where there is generally little else than a

"Commerce extérieur, union sans penchant,
Que fait naître l'usage et non le sentiment ;"

Where

"L'esprit vole toujours sur la superficie,
Et le cœur ne se voit jamais de la partie."

And this desire of shining in society leads the French (as also foreigners in general) to cultivate the art of pleasing more than the English, though the exercise of the said art is too frequently restricted to society, without being carried into the family circle. Thus, the Frenchman generally possesses a greater variety of information, and can converse more readily upon most subjects (though his knowledge of them may not be very profound) than the Englishman, whose time at college has probably been more occupied by his classical studies, to the neglect of other more available knowledge, or else in more practical occupations.

To the same cause may be ascribed the greater reputation of foreigners for gallantry, and the compliments which they so commonly introduce

(sometimes without much delicacy or discrimination) in their discourse with the fair sex; and though these are seldom adopted by Englishmen, it must be confessed that the introduction of the more easy manners and colloquial powers of the French would go far towards removing the insipidity attendant on some crowded meetings where the company is exclusively English, and the conversation not the most *spirituelle*. Thus, as may be supposed from their greater disposition to enjoy the present, and *effleurer les choses de la vie*, the French are more agreeable as acquaintances than the English, who, however, are generally more to be depended upon as friends, or where any service is required.

The influence of religion is almost null among the largest proportion of the population of most parts of France, and that of the moral principle is not very powerful, both good and bad actions being more frequently performed from impulse, or in accordance with the dictates of interest or pleasure, than from reflection; or from a due regard to what is right or wrong, which, from being inculcated at an early age, is more universal in England. Personal courage and an exaggerated idea of the superiority of France and Frenchmen over all other nations, as well as a great susceptibility to anything which is considered to affect the national or individual honour, are universal among all classes; hence the readiness to have recourse to arms, and the greater

frequency of duels to settle disputes and misdeeds affecting society, which in England (where the dread of moral responsibility and of the law operates as a salutary restraint upon personal conflicts) are frequently arranged by apology, or are submitted to the decision of the judicial tribunals. Even among common soldiers in France, when disputes cannot be arranged, a duel with the sword is a frequent consequence.

The love of pleasure, which pervades all classes in France to a much greater extent than in England, is not always of the most refined nature: hence a morbid craving for excitement and novelty is engendered, and a vitiated taste is acquired, to which writers and dramatists of considerable talent have not scrupled to pander and to keep alive, by the reiterated narration of crimes and horrors, which, from the novel and *outré* combinations in which they were presented to the public, must have called forth not a little inventive power. It must not, however, be supposed that all were thus infected, for there is a large proportion of the upper and middle orders, among the French population, as estimable as could be found in any country, whom these productions inspired with disgust and pity; and the writings of Chateaubriand, Lamartine, and De Vigny, were eagerly perused, even by many of those who delighted in the creations of Victor Hugo or Georges Sand. It is, however, gratifying to perceive that this taste had of late greatly subsided: the dramas of

Lucrèce Borgia, *Marion de L'Orme*, the *Tour de Nesle*, and similar performances, having been but seldom exhibited on the stage, being superseded by the historical plays and comedies of Delavigne, Scribe, and others of the same school. The classical drama of Racine and Corneille has also been more in favour of late, which, however, is mainly to be attributed to the talent of Madlle. Rachel; but the taste is not likely to last long, unless actors should arise, capable, like Talma, of embodying the characters represented by these great poets, whose productions are better adapted for reading in the closet than for exhibition on the stage, where the lengthy recitations are apt to be monotonous.

A thirst of military renown and acquisition by force of arms, is strong in the minds of a large section of the population of France (independently of the army,) who have the recollection of the brilliant career of Napoleon, and of individuals raised from obscure stations to the rank of colonels, generals, and field-m Marshals, without the accompanying reflection of the devastation and misery inflicted upon other nations, and which the conscription and occupation by foreign armies subsequently entailed upon their own country. Such persons, many of whom may be likened to the conspirators against Augustus, referred to by Corneille, who,

"Si tout n'est renversé ne sauraient subsister,"

dazzled by their ideas of national superiority, are led to entertain the supposition of a successful career of conquest as heretofore: a circumstance not likely to happen in the present day, even were another Napoleon to arise and take the command of their armies. A large proportion of the upper, and almost the whole of the commercial class, are, however, well disposed towards England, being well aware of the advantage to both countries, but especially to their own, of the continuance of peace; and also knowing that they could not expect to meet with firm allies in either of the other three great powers. The peace party, though perhaps the most numerous, are unfortunately the least active (in a political point of view) portion of the community; and few persons who have marked the course of events, can doubt that the preservation of peace since the revolution of 1830 was in great measure owing to the sagacity and firmness of the King, who, however, so far availed himself of the war cry a few years ago, as to obtain the completion of his project of surrounding Paris by fortifications, under the pretext of defence in the event of the approach of hostile armies, but in truth as a means of ensuring the durability of his dynasty, by the power of controlling the *fauxbourgs*, and of commanding the city. These works were completed with great rapidity, before many of those who were in favour of their erection could become awakened to their true purpose, which they did not fail to be when

the expenses came under the consideration of the Chambers. These were so great as to occasion considerable dissatisfaction, which gave rise to the *jeu de mots*—*Le mur murant Paris rend Paris murmurant*. Had the King died, or fallen by the hand of an assassin, France would, in all probability, long ago have been at war, or in a state of internal revolution, which the vent afforded by the occupation of Algeria in some measure tended to prevent, and to avert which, it is not unlikely that, when no longer able to contain the disaffected within bounds, their rulers may adopt the alternative of war, acting upon the principle recommended by Shakspeare's Henry the Fourth to his son, to "busy giddy minds with foreign quarrels," and in this way relieve themselves from some of the turbulent spirits by which their political existence is constantly endangered.

The above remarks, having already been published in the work referred to, appear to be borne out by the course which events have taken within the last three months. The paucity of religious and moral feeling in the bulk of the population—the pernicious influence of the style of literature and of the drama, for some years past, upon the higher as well as upon other classes (as exemplified in the Praslin tragedy)—the universal and often dishonourable competition for wealth, as the means of pandering to artificial excitement—the consequent corruption and peculations in the government—the additional taxation, in order to

create places for the support of the late dynasty—are so many causes which have been gradually tending to subvert the former order of things, though the change was accelerated by the deficient firmness of the King (since the death of his sister) at the critical moment of trial—dismissing his minister and appointing another, by whom an order was conveyed to the general in command of the troops not to act against the people, of which the republican party were not slow to avail themselves, and instead of removing a minister to overthrow the monarchy. The national guard, moreover, did not readily or in great numbers obey the *rappel*, both on account of the unpopularity of the government and trusting that the presence of the military and of the armed forts would suffice to control the lower classes and prevent a forcible revolution; so that the very means which, for a series of years, had been cautiously and circuitously raised, as calculated to produce security, had no small share in causing the opposite effect. There being likewise, on the part of the troops, neither loyalty nor affection towards the reigning monarch (as there would be towards a general who could lead them to victory), he found, too late, that when left to act for themselves, no support was to be expected from them. The violent entry of the populace into the Chamber of Deputies, and the establishment of a republic amidst tumult, could not fail to produce its effect in destroying credit, paralysing commerce, and

driving from the capital foreigners and persons of property. Paris consequently, with its boulevards bare of trees, the absence of equipages in the streets, the numerous processions of the populace, the anxious countenances of the *bourgeoisie*, the scantily attended theatres, now presents a very different aspect from that of former days, and will present but few inducements for a protracted sojourn till the country has passed through the ordeal of revolution, the termination of which will most probably be in the re-establishment of monarchy, to which form of government the great bulk of the more influential inhabitants are strongly disposed. The recent demonstration of four hundred thousand troops, national guards, and citizens, defiling before the provisional government, affords, however, sufficient guarantee for the maintenance of order, and a protection against the designs of the Communists.

With respect to climate, the chief advantage which Paris has over London consists in the greater purity and dryness of the atmosphere, its freedom from smoke and fog, and in the weather being less variable from day to day. The summers are hotter, and the winters equally cold if not colder. The average quantity of rain which falls throughout the year is about as great in the one as in the other capital. It would not, therefore, be advisable to select Paris as a winter residence for delicate invalids, or those whose cases require attention to climate. It agrees, however, very

well with many dyspeptics, to whom the light cookery of the French *cuisine* is better suited than the more substantial fare usually met with in Britain, which requires greater powers of digestion, provided always that this class of invalids abstain from ragouts, rich sauces, indigestible vegetables, as truffles, and from partaking of a variety of wines. The valetudinarian who labours under depression of spirits, combined with disordered digestion, would likewise frequently find himself better after a few weeks' sojourn in Paris, which offers more resources for mental relaxation and amusement than any other city. Baths are also more general, which is a great advantage, for there can be no doubt that the neglect of this means of keeping the functions of the skin in a proper state is the occasion of many of the complaints most frequently met with in England.

Among the most prevalent diseases of Paris may be enumerated inflammations of the respiratory organs, consumption, typhoid fevers, intermittents, rheumatism, scrofula, and various forms of dyspepsia. Apoplexy, paralysis, and nervous diseases in general appear to me to be less frequent than in England. As the treatment of disease presents considerable differences (into the consideration of which I have fully entered in another work*) in England and on the continent, the English abroad usually prefer being attended by medical men of

* Observations on the Medical Institutions and Practice of France, Italy, and Germany.

their own country, and at almost all the continental towns of resort, one, two, or more practitioners reside. There is besides always a certain number of medical *desœuvrés* going about the continent, from one place to another, and some of these individuals, who take the name of English physicians, have but little claim to the confidence of the public, as every body is not aware that the title of doctor of medicine (which does not confer the right to practice) may be obtained with very little trouble from certain foreign universities, which require little else than the payment of the fees. Travellers, therefore, when they hear speak of Doctor So-and-So, will do well to ascertain, before entrusting themselves to their care, how far they are qualified to support the title they assume.

It must be admitted that in England, where the habit of energetic medication prevails more than elsewhere, drugs are often prescribed when not indicated, and much injury is thus done in many chronic diseases, especially in the dyspeptic and nervous complaints, with which so great a proportion of the inhabitants of large towns are afflicted. Continental practitioners frequently manage these cases better by means of mild remedies, baths, mineral waters &c., which, however, have been latterly more universally employed in England than heretofore.

CHAPTER II.

LYONS—THE RHONE—MARSEILLES—CLIMATE OF PROVENCE—BIERES—
CANNES—NISMES—MONTPELIER—CANAL DU MIDI.

THE route from Paris to Lyons by Orleans is mostly preferred on account of the railroad being available as far as Bourges (and shortly to Nevers), the cathedral of which is one of the finest in France. The whole journey requires about thirty-six hours. That by Auxerre and Chalons takes somewhat more time; the accomodation is, however, better, and from the last town to Lyons there is constant communication by steam-boats. The country is for the most part interesting. Some of the views in the forest of Fontainbleau, through which the road passes, are strikingly beautiful. Enormous masses of grey rock, which contrast agreeably with the surrounding foliage, lie scattered about in various directions, presenting a novel and curious appearance. The town possesses some good streets, but seems to be almost deserted. Travellers posting may visit the chateau and gardens *en passant*.

Sens is the first town of any importance on this route; the *facade* of the old gothic cathedral is fine, but the interior contains nothing worthy of observation except the mausoleum erected to the

Dauphin, the father of Louis XVI., which is but of indifferent execution. Auxerre is a large town, pleasantly situate on the Yonne, in a fruitful country, which produces a superior kind of wine. The golden tint of the vine leaves in autumn gives a rich and pleasing appearance to some parts of the country between Auxerre and Chalons, which at other times look dreary and cheerless. During the vintage season, the process of treading the grapes by men and women with bare feet (to which practice allusion is made in the Scriptures), will frequently be seen in the vineyards on the road side. It is, however, a mistake to suppose that the peasantry in the wine countries are better off than in others, the reverse being more frequently the case, as great distress ensues if the season should be bad, which not unfrequently happens.

The environs of Autun are beautiful and richly wooded. The town has a clean and cheerful aspect, the hill, on the acclivity of which it stands, commanding a delightful prospect. Chalons is also a pretty town, and looks well from a distance. The quays are spacious and handsome. Two or three steamers descend the Saone daily to Lyons, making the transit in six or seven hours; they do not, however, convey carriages, which can be forwarded by a steam *coche d'eau*. The banks of the river are, for the most part, flat and cultivated. Beyond Macon, celebrated for its wine, the scenery is extremely pleasing, and increases in interest on approaching Lyons. The road, which

runs in great part parallel with the river, passes over Mont d'Or, so called from the rich colour of its vineyards in autumn, and from the summit of which a charming and extensive prospect may be enjoyed of the rich plains of Burgundy on the one side, of the Lyonnois on the other, and of the snow-clad Alps of Dauphiné in the distance. The descent to Lyons passes through a succession of meadow land, orchards, and vineyards.

Lyons is principally built between the Rhone and the Saone; in addition to the old bridge a suspension bridge has recently been constructed over the latter river. The quays are spacious but not clean. The principal squares are the Place de Bellecour, perhaps the largest in Europe, and the Place des Terreaux, which contains the Hotel de Ville, and a good museum of natural history. The largest, as well as the finest public edifice, is the hospital, which is surmounted by a dome, its *facade* occupying a considerable extent of the Quai du Rhone. There are no other public buildings remarkable in an architectural point of view. The streets are mostly narrow and dirty; the houses old and lofty. Lyons consequently offers no inducement to travellers to prolong their sojourn beyond a day. The velvets and silks are justly celebrated, and their manufacture occupies a large proportion of the population. The labouring classes, as in most other manufacturing towns, are for the most part republicans, and turbulent. The view from the

Terrasse de Fourvieres of the city, the junction of the two rivers, a vast extent of fertile country and vine-clad hills, with the distant view of the Alps, is considered as one of the finest in Europe.

Steam-boats descend the Rhone to Avignon in about eleven hours; setting off early in the morning, and on the following day leave Avignon for Marseilles, which occupies nearly as much time. They are larger than those on the Saone, and take carriages, but the accommodation is indifferent, and they are often inconveniently full. The scenery on descending is highly interesting, not unfrequently resembling that of the Rhine below Mayence; the river flowing rapidly between steep hills, ever and anon crowned with ruins, and cut in terraces for the cultivation of the vine. On advancing more to the south the banks become flatter, and the Alps rise more distinctly upon the view. At the Pont St. Esprit, which is of great antiquity, the current is very strong, and some degree of excitement attends the passing beneath the arch, several accidents having happened at this point. This is the only stone bridge between Lyons and Avignon, but several handsome suspension bridges have been constructed of late years. When from any cause Avignon is not likely to be reached by daylight, the steamer does not proceed beyond Pont. St. Esprit, proceeding the next day to Avignon. On account of the rapid communication by the river (Avignon being distant from Lyons about 140

miles), there is not much travelling downwards by the road along its left bank, which is principally traversed by waggons laden with heavy goods from Marseilles, and is consequently frequently in bad order, especially after heavy rains. The towns are dirty and badly built, and the accommodation indifferent. Nothing but an occasional glimpse of the river and of the Cevennes range of hills on the opposite bank occurs to relieve the monotony of the route till Orange, where a fine Roman arch stands by the road-side, and beyond which the scenery is of a more interesting character.

Avignon is encircled by high walls, and has every appearance of great antiquity. The papal palace, a fine old gothic edifice, with handsome *facade*, is now converted into barracks. From the top of the hill, on the acclivity of which the town is built, an extensive view may be obtained of the plains of Languedoc and Provence, as also of the course of the river, which is here of great breadth, enclosing an island which serves as a *point d'appui* to the two bridges across its branches. In the cathedral is the tomb of "*le brave Crillon*," and the spot occupied by that of Petrarch's Laura is pointed out among the ruins of the church of the Cordeliers. The environs of Avignon are uninteresting, but an agreeable excursion may be made by those not pressed for time to the

"Chiare, fresche e dolci acque,"

of Vaucluse, about fifteen miles distant.

This fountain, immortalised by the verse of Petrarch, rises in a romantic position at the base of a semicircle of lofty and perpendicular rocks. Below Avignon the scenery of the Rhone presents little to interest the passing traveller, and as the railroad to Marseilles is now open, journeying by the river is in great measure superseded. From Beaucaire, where a large annual fair takes place, there is also railway communication to Nismes, Montpellier, and Cette.

The aspect of Provence is anything but what one would be led to expect from a perusal of some of the old romances, which expatiate upon the beauties of its scenery. It has for the most part a dreary and *triste* appearance; the heat in summer is almost unbearable; the roads are thick laid with dust, from the long continuance of dry weather; and during the prevalence of high winds it is raised in clouds, to the great discomfort of the traveller. The only town of importance between Avignon and Marseilles is Aix, the olives of which are greatly esteemed. The environs are pretty, being enlivened by white villas, scattered about the olive-clothed hills. The town contains little worthy of notice, except the principal street, which is very wide.

Marseilles has a population of near 200,000 inhabitants. It ranks as the third city in France, and, like all large sea-ports, has a thronged and bustling appearance. On entering from Aix, the triumphal arch, begun by Napoleon, is passed,

and the visitor drives along the Cours, a fine wide street, where there were formerly avenues of trees. The only shady spots now existing in the town, where the inhabitants "most do congregate," after the business of the day, are the Allées de Meilhan, a planted triangular square. A handsome new promenade, termed the Prado, extends from the town to the sea. The shores of the Mediterranean do not, however, possess the sandy beach which is so great an attraction to the sea-side in other parts ; for

"There shrinks no ebb in that tideless sea,
Which changeless rolls eternally ;
So that wildest of waves, in their angriest mood,
Scarce break on the bounds of the land for a rood."

The port, being generally thronged with merchant vessels and steamers from various countries, presents an animated appearance ; connected with it is an immense basin, twenty feet deep, almost entirely hewn out of the solid rock, for repairing the shipping : this stupendous work, which has not been long completed, required the incessant labour of a great number of men during the period of nine years.

The Promenade Buonaparte, at the opposite extremity of the town, terminates in a public garden, at the foot of a steep rocky hill, on which stands the fort of Notre Dame de la Garde, together with the church, which is rich in votive offerings from sailors and their relatives, desirous

of propitiating the Virgin previous to undertaking a voyage, as also from others who have escaped "accidents by flood and field," or have recovered from illness by means of her supposed intercession. These offerings consist of small silver hearts, daubs of painting, and other insignificant tokens of acknowledgment, the appearance of which goes far to verify the proverb, "*Passato il pericolo, gabbato il santo.*"

From this elevated point a fine view may be obtained of the town, port, lazaretto, the Chateau d'If, the broad expanse of the Mediterranean, and of a mountainous and rugged line of coast on the one hand, and on the other of a semicircle of high and barren hills, the lower acclivities of which are relieved by verdure, and dotted with the numerous villas of the merchants, who, when not necessarily engaged in business, retire thither from the town, which on Sundays and holidays is also comparatively deserted by the poorer classes, who resort to the *guingettes*, and public gardens in the environs, to amuse themselves with dancing, the *montagnes Russes*, and other sports.

Almost all the lower, and many among the upper class, are republicans in their politics; the celebrated air, which takes its name from this city, having long been the rallying cry of this party. A large proportion, however, of the upper class of inhabitants are well disposed towards monarchy.

There is no inducement for the tourist to delay his departure from Marseilles, which would be an unpleasant residence for any length of time. The heat in summer is so great as to keep people within doors till the evening. The country is generally parched up for want of rain, the roads are consequently excessively dusty, and near the town are enclosed between high walls. The winter is usually very cold, the mistral or northern wind frequently prevailing, especially in the spring months, at which time the sun has considerable power, so that not only invalids but many persons in health experience the baneful influence of the great transitions. Steam-boats leave Marseilles almost daily for the various ports along the coast. The voyage to Genoa requires about twenty hours. The passage by the French mails direct across the gulf to Leghorn occupies thirty hours. Steam communication with Spain is also very frequent. The voyage to Barcelona requires about the same time as that to Genoa.

A drive of about five hours eastward of Marseilles will bring the traveller to Toulon, where, having visited its spacious port and arsenal, there will be no occasion for delay. Four miles further on lies Hieres, a small town of 10,000 inhabitants, built in the form of an amphitheatre on the acclivity of a hill, the summit of which is crowned with the ruins of a castle, with the remains of massive walls on either side. The position of Hieres is delightful, amidst vineyards, orange and

lemon-trees interspersed here and there with palms; the surrounding hills being clothed with the olive, and other evergreens, and commanding an extensive prospect of the Mediterranean. Near the coast are the small islands of the same name. The interior of the town presents nothing attractive, the streets being narrow, steep, tortuous, and badly paved. Visitors, however, reside in the suburb. Hieres is in great measure sheltered from the influence of north winds, which are so severely felt in the neighbouring districts, while it enjoys the clear skies and continued dry weather of Provence. It is, consequently, frequented by invalids, but it is a dull place of sojourn, and labours under the disadvantage of having but a limited space for outdoor exercise.

Proceeding eastward, the traveller passes through Frejus, where Napoleon landed on his return from Egypt and from Elba, crosses the Estrelles (part of the chain of maritime Alps), where the arbutus, and other evergreens, flourish luxuriantly, the air being perfumed by thyme and other aromatic plants, and descends to Cannes, prettily situate on the bay of the same name. This locality likewise presents considerable advantages with respect to climate, being sheltered from cold winds by the above-named mountains, and the country, especially in the neighbourhood of Grasse (the great mart for perfumery) is exceedingly beautiful. The stranger will likewise

be struck with the view of the bay and environs, from the ruined fort overlooking the town. The island of St. Marguerite, a league from the shore, celebrated as the place of confinement of the "man with the iron mask," and now containing a depot of Algerine captives, forms the most prominent feature in the scene. Two or three English families have residences in the neighbourhood, and Mr. W., who enjoys great popularity, from having given occupation to many of the poorer class in embellishing and cultivating the grounds formerly in the occupation of Sir H. Taylor, is constructing lodging-houses near the sea, for the accommodation of visitors, who might prefer the comparative quiet of Cannes to the movement of Nice, which is about five hours' distant.

The traveller who is proceeding from Marseilles in a western direction may either embark for Cette, or go by way of Arles and Nismes, either by the rail, or by the canal boats, drawn at the rate of about seven miles an hour by the half-wild horses of the Ile de la Camarque, a flat marshy tract of country enclosed between two branches of the Rhone, and from which the sea is shut out by embankments. The canal was cut by order of Napoleon, for draining the island, which before this period was frequently inundated, but which has since served for the pasturage of horses, sheep, and goats, which, on the approach of summer, are driven to the mountains. Great

regularity prevails in the migrations of these caravans. The sheep and goats amount to about 20,000, and are divided into flocks according to their strength and age; the weakest go first to enjoy the advantage of cropping the grass before it is trodden down. Each flock is preceded by large goats with bells. The horses next follow, while enormous dogs, of a breed similar to the St. Bernard, hover on the outskirts to prevent straggling, and to guard against the attacks of the wolves, which frequently follow at some distance.

Arles is an irregularly built town on one of the *embouchures* of the Rhone, which is navigable for large-sized vessels. It contains about 20,000 inhabitants, and is alike celebrated for the beauty of the women, which is heightened by their picturesque costume, and for its Roman remains, of which the principal is an amphitheatre in tolerable preservation. Adjoining the cathedral are the cloisters, of which the gothic arches, supported by finely sculptured pillars, are good specimens of architectural skill in the earlier periods of Christianity.

One of the most magnificent remnants of Roman antiquity, the Pont du Gard, stands not far from the direct road from Avignon to Nismes, from which it is five miles distant. This stupendous erection, stretching across the valley of the Gardon, which served at the same time for a bridge and aqueduct, consists of three rows of

arches, one above the other, in excellent preservation. When seen from below the effect is very striking. This is one of the objects which does not disappoint the tourist's expectation.

Nismes is a handsome, clean, and cheerful-looking town, with a population of about 40,000 inhabitants, a large proportion of which number are Protestants, between whom and the Catholics a spirit of hostility exists, which has frequently broken out into riots attended with loss of life.

Nismes is not a place of much commerce, many of the inhabitants being *rentiers*, who are fond of amusement. It is, however, little resorted to by English families, though house-rent and provisions are cheap, and the climate better than that of Marseilles on account of its inland position, as also from its being in great measure protected from the north by the hills rising immediately behind it. It is, however, still too cold and exposed to the mistral and *vent de bise* to be a recommendable locality for persons in weak health. The chief streets and boulevards are lighted with gas, the cafés are numerous, some of them elegantly fitted up. The theatre is handsome, and the *corps dramatique* good. Like the Parisians, many of the inhabitants of Nismes live a good deal out of doors, and in places of public resort. Opposite the theatre is the celebrated *maison carée*, one of the best preserved monuments of the Roman empire. The interior is now converted into a museum and picture

gallery. A little further on, in a large open space, which admits of its being seen to advantage, stands the amphitheatre, the exterior of which is in perfect preservation, but the interior is a good deal dilapidated. There were thirty-five rows of seats, and upwards of 30,000 spectators could be accommodated, being about 10,000 more than the amphitheatre of Verona.

Few towns are so well supplied with public promenades as Nismes. Besides the boulevards and the extensive esplanade near the theatre, there is the Garden of La Fontaine, so termed from a large reservoir of water supplied by a canal, and in which are several arched recesses, said to have served for bathing in the time of the Romans. The garden possesses several avenues of fine chestnut trees, the intervening space being laid out in walks, between parterres of shrubs and flowers. It also contains the ruins of a temple of Diana, and other remains of antiquity. A winding path is continued up the hill, on the summit of which stands an imposing mass of brick-work, of a conical shape, termed the Tourmagne, being the largest of a chain of towers formerly occupying the heights, and connected by walls, vestiges of which are still visible in many parts. This tower may be seen from a considerable distance, and formerly served as a station for signals to vessels at sea.

Pursuing his journey westward, the traveller passes through a country of vineyards and olive

plantations, in which stands the town of Lunel, celebrated for its sweet wines, and arrives at Montpellier. At the time when little was known respecting the climates of the continent, invalids were frequently sent from England to Montpellier. Many also resorted to it from different parts of France, attracted by the reputation of its fine climate, and the skill of its physicians. Numbers, however, acquired the sad experience that there are few localities more prejudicial in cases of pulmonary disease. Speaking of Montpellier, Mr. Matthews observed, "It is difficult to conceive how Montpellier ever obtained a name for the salubrity of its climate. For pectoral complaints it is probably one of the worst in the world. It is true there is almost always a clear blue sky, but the air is sharp and biting, and you are constantly assailed by the *bise* or the *marin*, and it is difficult to say which of these two winds is the most annoying. The one brings cold, the other damp; the climates of Europe are but little understood in England, nor indeed is it an easy thing to ascertain the truth with respect to climate. Travellers generally speak from the impression of a single season, and we all know how much seasons vary."* Indeed, Nismes would have the advantage over Montpellier as regards climate, as it is in some measure sheltered from the north, to which Montpellier, lying on the

* Diary of an Invalid.

acclivity of a hill, is completely exposed. As in Provence, the earth during great part of the year is parched up for want of rain; in summer the heat is oppressive, and the dust lies thick upon the ground. The best period for a short residence here, or at any of the towns in this part of France, is in September, October, or November, though at this time the rains sometimes continue for days together with but little intermission. To certain individuals, however, the climates of Montpellier and Marseilles would not be unsuitable, as in those labouring under some kinds of asthma, or bronchial relaxation, without a tendency to inflammation. Some dyspeptic and rheumatic invalids would likewise find themselves benefited by this kind of climate, which, however, may be also met with in some of the towns of Italy, which present more *agremens* for a winter residence, without the inconveniences of Provence.

Montpellier is the seat of one of the three Faculties of Medicine in France, the other two being at Paris and Strasbourg; but its reputation as a medical school is not so great as formerly. The town is not handsome; its streets are mostly narrow and badly paved; the number of inhabitants exceeds thirty thousand. The celebrated Promenade de Peyrou, at the most elevated part, commands an extensive view of the surrounding country, and of the olive-clad hills in the distance, among which numerous white villas are interspersed, and is embellished with an equestrian

statue of Louis XIV., as also with a fountain supplied by a modern aqueduct of considerable extent. There is another much frequented promenade, the Esplanade, at the opposite extremity of the town. The objects principally worth visiting are, the *Musee Fabre* (a collection of pictures presented to his native town by the individual whose name it bears, among which are a few by first-rate Italian masters), the cathedral, and the school of medicine. But few English reside at Montpellier. House-rent and provisions are cheap, though poultry, eggs, and butter are very scarce, as also throughout Provence, on account of the deficiency of pasturage and grain in the country. These articles are consequently brought from other parts, principally from Toulouse.

Cette is a town of considerable importance in a commercial point of view, from the constant transmission of merchandise and produce by means of the Canal du Midi, between Bordeaux, Toulouse, and Marseilles. There are also manufactories of claret, champagne, port, and other wines, which supply Italy, and most of the towns along the Mediterranean. A steamer leaves every morning to cross the salt water lake of Thau (a distance of eight miles), into which the Canal du Midi opens, the passengers and goods being then transferred to the canal boats. At the extremity of the lake, opposite to Cette, are the baths of Balaruc, which are a good deal frequented in the

season, chiefly by persons from Montpellier, Toulouse, and other parts of the south. There is only the establishment, and one or two other houses, where visitors could be accommodated. The springs are saline, containing principally muriate of soda, and a little gas. They have a high reputation in rheumatic, and especially in paralytic cases.

The Canal du Midi, by which water communication of the two seas is effected, though projected during the reigns of several of the French kings, was commenced and finished under Louis XIV. It is not, however, so available as it might be if the Garonne, near Toulouse, were deeper, so as to be navigable at all times. There are eighteen locks on the Atlantic side, and forty-six between Toulouse and the Lake of Thau. The banks are for the most part protected from the action of the water by rushes planted for the purpose. Hills are in several places pierced to admit its passage. One of these grottoes, termed *Mal-pas*, is 170 metres long, 25 feet wide, and 22 high, the sides and roof being built up with masonry. It is crossed by more than 100 bridges, and passes beneath 55 bridge aqueducts. The boats are drawn by horses, and, on account of the delays at the numerous locks, thirty-six hours are required to perform the journey from Cette to Toulouse, so that the diligence through Beziers is much more expeditious. When the railroad is completed, the transit of the canal will doubtless be

altogether superseded. The country through which the canal passes no longer presents the aridity of Provence, but is rich, fertile, and in many parts highly picturesque. At Carcassonne, the snow-tipped summits of the highest of the Pyrenees rise upon the view, and on approaching Toulouse, the whole range becomes more distinctly visible.

CHAPTER III.

TOULOUSE—PYRENEAN BATHS—BAGNERES DE LUCHON—BAGNERES DE
BIGORRE—LOURDES—VALE OF ARGELES—THE CAGOTS—BAREGES—
ST. SAUVEUR—GAVARNIE—CAUTERETS, AND ITS
MINERAL SPRINGS.

TOULOUSE, the ancient city of song and troubadour, is said to have existed before the foundation of Rome. It lies in a beautiful and fertile plain on the right bank of the Garonne, crossed by a handsome bridge of brick. The population amounts to sixty thousand. The streets are narrow, thronged, and noisy; several of the shops and cafés are handsome, and decorated in a showy manner. There are two or three fine squares, the Place Lafayette and especially the Place du Capitole, one side of which is entirely taken up by the Hotel de Ville; on the first floor of this building is a large hall, the *Salle des Illustres Toulonnois*, containing busts in *terra cotta* of the many celebrated characters born at Toulouse from the time of the Romans to the present. Here are held the meetings of the Academy of the Floral games, which awards prizes to the best compositions in poetry. The annual meeting and distribution of the prizes take place in May. In an adjoining apartment is the statue of Clemence Isaure, the founder and patroness of these games,

who lived in the beginning of the fourteenth century. Toulouse possesses two theatres, several public libraries, reading-rooms, and scientific societies. The people are in general affable, fond of pleasure, and live a good deal out of doors. House-rent and living are cheap. The winter climate is generally mild, without the dryness of Provence, or the humidity which prevails on approaching nearer Bordeaux. Cold winds are, however, sometimes severely felt. The west wind, sweeping over the Atlantic, is laden with moisture, and is extremely trying to invalids. Rain not unfrequently falls, the weather being variable from day to day. In the autumnal months the weather is generally fine till Christmas. In spring, cold and damp winds are prevalent, frequently alternating with rain. The environs are exceedingly productive in fruit and grain; and the flower and fruit market, which is held in the Place du Capitole, is scarcely to be equalled elsewhere. One of the most frequented walks leads to the column lately erected on an eminence at some distance from the town, to the memory of the soldiers of the French army who fell in the battle in 1814. On it is the inscription, "*Aux braves morts pour la patrie, Toulouse reconnoissante.*" From this spot a good view may be obtained of the town, and of the positions occupied by the respective armies.

The Garonne is only navigable at Toulouse for small boats; so that travellers proceeding to Bor-

deaux usually go by land to Agen (a drive of ten hours), and there take the steam-boat. Those who direct their course towards the celebrated mineral springs of the Pyrenees traverse a beautiful and cultivated country, interspersed with numerous villages and hamlets, to St. Gaudens, where they arrive in about eighteen hours. From this point two roads diverge. By following the one to the left, you enter a valley, which becomes narrower and less cultivated as you advance, and after a four hours' drive find yourself at Bagneres de Luchon, which is situate immediately "*sotto i gran monti Pirenei*," in a valley of the brightest verdure, watered by the Pique and other streams, and above which the Maladetta, the highest mountain of the range, raises its snow-capped peak. The town contains a population of two thousand inhabitants, and is built in the form of a triangle: each apex terminating in an avenue of trees. The lime avenue leads to the bath establishment, which (like other French baths, is under the superintendence of government,) lies at the foot of a hill, whence the water issues, and passes immediately into the baths. The springs are hot and strongly sulphurous, and are among the most efficacious in the diseases for which this class of mineral waters is indicated. Their temperature varies from 26 to 52 degrees R.

The environs of Bagneres de Luchon are highly romantic, and contain many interesting points, to which agreeable excursions may be made. The

lakes of Oo and Seculejo are among the spots most frequently visited ; and the lover of solitude, who delights to

“ Slowly trace the forest’s shady scene,
Where things which own not man’s dominion dwell,
And mortal foot hath ne’er or rarely been,”

may find ample scope for the indulgence of his taste ; but, notwithstanding its scenic beauties, and the efficacy of its waters, Bagneres would not be an attractive summer residence to most English visitors, unless fond of seclusion, as the French, when *aux eaux*, associate very little with those whom they have not previously known. There are no public *reunions* ; the accommodations in most of the French baths are very inferior to those of the German. Each family is served with dinners from a *traiteur’s* : there are few *tables d’hote*, and those only at the larger baths, for the accommodation of travellers. With the exception of two or three places, living is not dear at the Pyrenean baths ; persons, for instance, may be boarded and lodged during the season at Bagneres de Luchon or Bagneres de Bigorre for five or six francs a-day. Both England and Germany are, however, deficient in hot sulphur springs ; and in cases where they are indicated, there are none in Europe (Aix la Chapelle perhaps excepted) which are so efficacious as those of the western Pyrenees ; but as I have more especially referred to their medical properties in another work, I

need not again enter into their consideration in this place.

A path, or mule-track, leads across the mountain, by Arreau, to Bagnères de Bigorre, through some of the finest scenery of the Pyrenees; the road passes round by Montrejeau, and ascends the valley of the Adour, in which this town lies, being sometimes called Bagnères-Adour. The country between Montrejeau and Bagnères is a succession of ascents and descents, and the scenery is beautiful and diversified.

The town looks well from the hills. The white and yellow painted houses, with their slated roofs; the bright verdure of the valley; the deeper hue of the pine forests on the acclivities of the mountains, the summits of which are imbedded in perpetual snow; form a series of beautiful and striking contrasts; while the clear waters of the Adour and other streams diffusing fertility around,

“Sempre l'erbe vi fan tenere e nove,
E rendean ad ascoltar dolce concento,
Rotto fra picciol sassi, il correr lento.”

Beyond the town the picturesque valley of Campan—the beauties of which, however, have been rather exaggerated by writers and poets—extends to the foot of the Tourmalet, on the opposite side of which are Bagnères and the vale of Luz.

Bagnères de Bigorre lies near the foot of the *Pic du Midi*, and is the largest and most frequented of the Pyrenean watering-places; a great propor-

tion of the visitors remaining more for pleasure than for health. The number of English is at times not inconsiderable from Pau or other places in the south of France, or Italy. Many persons likewise pass some time at Bagneres, after having taken a course of one or other of the springs in this part of the country. It stand seventeen hundred feet above the level of the sea; is encircled on all sides but the north by green hills and pine-covered mountains, and is consequently one of the coolest summer residences in the Pyrenees. The resident population amounts to eight or ten thousand, and the resources for amusement are greater than at the other baths. Bagneres was a great place of resort in the time of the Romans, by whom it was termed *Vicus aquensis*. There are numerous well-shaded walks and roads in the immediate environs; those which are most frequented are the *Alles* Bourbon, the garden Theas, and the valley of Campan. This part of the Pyrenees produces some beautiful kinds of variegated marble, and near the town is a *marbriere*, where it is worked into tables, statues, and other articles of *gout*, which are exported. This marble is, however, much softer than that of Italy, and does not bear exposure to the open air.

The bathing establishments are numerous; the principal one, belonging to government, termed the *Thermes de Marie Therese*, is an elegant structure of white stone, the interior of the bathing cabinets being composed of different coloured

marble. The baths are thirty-six in number, and are exceedingly convenient, each having a dressing room attached to it; over the door is inscribed the name of the spring from which it is supplied. Those of *La Reine*, which is the hottest, and the *Dauphin*, are most used. There is likewise every requisite apparatus for douche and vapour baths. As the water is too hot to be used at its natural temperature, it collects into large reservoirs at the back of the establishment, where it is cooled.

Frascati's is another bathing establishment, and also a lodging-house, which contains the public rooms for balls, billiards, and the newspapers. A single person may board and lodge here for about six francs a day. Other lodging and bathing-houses are supplied by particular springs, as the *Pinac*, *Lannes*, *Petit Prieur*, *Sante*, &c.

All these springs are saline, and in their composition are not unlike those of Baden-Baden, or Bath, though they contain much less saline substance. Their temperature ranges from 27 to 35 degrees R. There is at Bagneres an hospital for the military and poor persons to whose cases the springs are considered applicable.

On ascending the valley by a road bordered with poplar trees, for about a mile and a half, you arrive at another bathing establishment in a secluded spot, at the foot of a steep hill, whence arise the springs from which it takes its name—*Salut*. There are here ten baths, into which the water keeps constantly flowing from a marble

mouth, so that the baths are taken at the natural temperature, and they are in great request from five in the morning till three in the afternoon. As there are no apartments for lodging in the building, the bathers must come each time from the town on foot, in a carriage or *chaise a porteur*. This is among the least mineralized of the springs, the solid substance being scarcely more than a grain or two to a pint of water. It is mostly employed by delicate persons and nervous ladies.

On the hill at the entrance of the town from Tarbes, a chalybeate spring rises from the rock, and is drunk by some invalids, though, as it is but slightly impregnated with iron, and scarcely contains any gas, it would not be of great service in cases where chalybeates are indicated. From this spot may be obtained a good view of the town and valley, the *Pic du Midi*, and other mountains, and of the course of the Adour; the *ensemble* forming one of the most picturesque scenes that can be conceived.

Tarbes, formerly the capital of the Bigorre, is a pretty little town, situate in a plain at the entrance of the valleys, and forms a central point, where the roads meet from Bagneres, Toulouse, Cauterets, and Pau. From the Prado, or public walk, and also from the balcony of the principal hotel, may be enjoyed the prospect of a considerable extent of fertile country, terminated by the

“Long-waving line of the blue Pyrenees,”

the whole range, and the relative attitude of the most celebrated *pics*, being distinctly visible.

From this town the traveller who purposes visiting the baths of Bareges or Cauterets, after traversing a pretty undulating country, arrives at Lourdes, which occupies a situation strikingly beautiful and picturesque, at the entrance of the valley, being surrounded by green hills—on the lower acclivities of which the vine is cultivated—meadows and fields of maize, through which flows the Gave de Pau. It is overlooked by the ruins of the castle, of which a tower constructed by the Romans is still in tolerable preservation.

On quitting Lourdes, you enter among the wild scenery of a defile, where at several parts the rocks approximate so closely to each other as scarcely to allow space for the passage of the Gave.

“The mountains closing—and the road, the river
Filling the narrow pass.”

A little further on, the valley of Argeles lies before you, realizing all that one can conceive of pastoral beauty—flocks grazing in meadows of the brightest green, planted with mulberry and fig trees—vineyards on the side of the hills, the rocky summits of which are ever and anon crowned with a ruin; neat villages placed at short intervals, and the little town of Argeles, through which the road passes, form altogether a most enchanting picture, which strikingly con-

trasts with the sterile and snow-capped mountains by which it is enclosed. This valley is eight miles in length and three in breadth. Many of the inhabitants on the left of the river, where the ventilation is not so free, are affected with goitres; and *Cagots* (who are identical with the Cretins of some Alpine districts, but who have now nearly disappeared) were formerly very common.* At Pierrefitte, a road branches off to the right, leading to Cauterets; that on the left leads to Luz, St. Sauveur, and Bareges, immediately ascending between lofty and precipitous pine-

* The *Cagots* are found in several of the more secluded valleys of the Pyrenees, particularly in the lateral valleys that branch from the valley of Bareges, Luchon, and Aure. So sedulously do the *Cagots* keep apart from the rest of their fellow men, that one might travel through the Pyrenees without seeing an individual of the race, unless enquiry were specially directed towards them. The *Cagot* is known by his sallow and unhealthy countenance, his expression of stupidity, his want of vigour, and relaxed appearance, his imperfect articulation, and in many cases his disposition to goitres. From time immemorial the *Cagot* families have inhabited the most retired villages and the most miserable habitations. The race has always been regarded as infamous, and the individuals of it as outcasts from the family of mankind. They are excluded from all rights of citizens; they were not permitted to have arms, nor to exercise any other trade than that of wood-cutters. And in more remote times they were obliged to bear upon their breasts a red mark, the sign of their degradation; so far, indeed, was the aversion to this unfortunate people carried, that they entered the churches by a separate door, and occupied seats allotted to the rejected caste. The persecutions have long ceased, and time and its attendant improvements have diminished the prejudices, and weakened the feelings of aversion with which they were formerly regarded. But they are still the race of *Cagots*; still a separate family; still outcasts; still a people who are evidently no kindred of those who live around them; but the remnant of a different and more ancient family." —*Ingis, South of France and the Pyrenees.*

covered mountains, separated by the river or *gave*, which rushes with impetuosity beneath, and is crossed by bridges no less than eight times in the space of three leagues, according as either side offered greater facility for the construction of the road, which for the greatest part of the distance is cut out of the mountain's side. In about two hours the highest point of the pass is attained, whence there is a gradual descent to the *riant* plain of Luz, surrounded by mountains in the form of an amphitheatre. This part has been compared by Ramond with the valley of the Reuss, in Switzerland, and there are certainly few scenes in Europe where the beautiful, the picturesque, and the sublime, are so perfectly combined.

Bareges is about an hour's ride from Luz, by a continued ascent. The road all the way from Pierrefitte was constructed by the engineer Polard, of whose abilities it remains a standing monument; the difficulties he had to encounter having appeared to others to be insurmountable. Some parts between Luz and Bareges are very steep, and are not unfrequently carried away by the torrent or by avalanches. As you ascend, the gorge narrows, vegetation becomes more scanty and disappears, though here and there, high up on the mountains, patches of land are still cultivated by the peasantry. On approaching Bareges, however, the desolation appears to be complete; not a tree is to be seen, and huge masses of stone, brought

down by the avalanches, lie scattered about in all directions. The road extends no further than Barèges, there being merely a path across the Tourmalet to Bagnères de Bigorre. In fact, no spot would seem to be less calculated for the situation of a bath than Barèges, which consists of a single street on the acclivity of the mountain, with the impetuous *Gave de Bastan* foaming beneath. For nine months in the year the place is deserted, being left in the keeping of about twenty men, who pass the winter there to prevent its being occupied by the wolves, which not unfrequently take up their abode in the houses. As it frequently happens that the winter occupants are completely shut out from any intercourse with the valley by the snow, they are obliged to lay in a stock of provisions and fuel for three or four months, and on the return of fine weather, assisted by others from below, begin to clear the road, and ascertain the damage that has been effected; as many of the houses are every year carried away by the torrent, or overwhelmed by the avalanches. At the time of my visit, in May, numerous workmen were employed in digging away the snow beneath which several houses were buried, and in getting the place a little in order for the season, which begins about the middle of June, from which period till September it is crowded with invalids, who certainly would not resort thither for pleasure, or unless they had learned from experience the efficacy of its mineral

springs. Thus every year is practically contradicted the opinion of those who, knowing little of the power of these agents, consider that the benefit which persons derive from a visit to a mineral spring is attributable to the accessory circumstances, as change of air, the *agrémens* of the place, the beauties of scenery, &c. These have, no doubt, considerable influence on many slight ailments, but would have very little in such cases as are usually sent to Barèges.

In the centre of the street is a small square, on one side of which are the baths, on the other a military hospital, supported by government, for wounded soldiers, the number of which amounts to about four hundred, that of the visitors being about eight hundred, or a thousand, almost all of them invalids, and many who are not able to walk, or hardly to get about on crutches. There is only one table d'hôte, and each party is served separately from a traiteur's; nor is there any society, and, as may be supposed, the climate is bad enough, so that existence in the place for several successive weeks would be unbearable, were it not for the benefit anticipated and experienced from the springs. In the bathing establishment there are sixteen private baths; but most of the patients bathe in the piscinæ or public basins. Douches are a good deal used, the water falling from a height of five or six feet from reservoirs through tubes about as thick as a man's forearm. The piscina for the hospital

patients—but in which several visitors likewise bathe—is an oblong vaulted chamber with stone walls; the water is about three feet deep, and flows into the bath through a wooden trough, beneath which those who require the douche hold the affected part. About sixteen persons can bathe at the same time. The springs *la Douche*, *la Temperée*, and *Polard*, are the most used; the temperature of the former is 44 degrees, that of the second 33 degrees, R., and about 30 degrees in the piscinæ, which are badly ventilated, and filled with vapour, which induces copious perspiration. There is likewise a piscina for indigent patients. The average number of baths required by patients is from thirty to forty. Though the springs are almost exclusively used for bathing, there is one drinking spring. They are strongly sulphurous, and more energetic in their action than any others in the Pyrenees, but they do not emit so disagreeable a smell as others of the same class, which contain a large proportion of sulphuretted hydrogen, as in these the sulphur exists principally in the form of sulphuret of soda. The cases in which they are most efficacious are scrofulous diseases of joints and other enlargements, rheumatic and paralytic affections, old ulcers and wounds, especially when there are foreign substances, as bullets, pieces of clothing, &c., lodged in the body (the expulsion of which not unfrequently takes place during the course), and some eruptions on the skin.

St. Sauveur lies on the side of the mountain immediately opposite to Luz, from which it is not more than half a mile distant. It is built on the edge of a wide and deep ravine, the sides of which are clothed with brushwood, and between which the *Gave* makes its way with impetuosity three hundred feet below. A neat stone bridge has within the last few years been constructed across the ravine, whence a winding road leads up to the bath. At the widest part of the street stands, on the one side, the church; on the other, immediately overlooking the ravine, is the handsome bathing establishment, with sixteen cabinets, and a drinking fountain. There are two springs, or rather one spring having two outlets; the temperature being twenty-eight and thirty-three degrees. It is much less sulphurous than that of Barèges, and is sometimes recommended preparatory to the stronger springs, but is more particularly applicable to nervous affections and other cases peculiar to ladies. Not more than from two to three hundred persons can be accommodated at the same time; the want of room, consequently, renders living and lodgings dearer than at most of the other baths. There is little or no general society, and yet there are few places where those who delight in the beauties of scenery, and in a romantic country, could pass a few weeks in the summer more to their satisfaction. Tractable and well-conditioned mountain ponies are here, as at the other baths

of the Pyrenees, always at the visitor's command.

The most frequented of the excursions in the environs, which no visitor who is able omits to make, is the celebrated cascade of Gavarnie, and the Cirque de Marboré, to which, however, there is merely a horse road. After crossing the ravine at St. Sauveur, you enter a defile between steep and sombre mountains, the sides of which are plentifully covered with brushwood, their summits clothed with pine trees, and which, separated at their base by the torrent, gradually recede from each other in proportion as they become higher, the path being cut sometimes on one side, sometimes on the other. While standing on the first bridge, a considerable height above the foaming torrent, I was strongly reminded of the similarity of the scenery to that of some of the finest parts of the Via Mala in the Grisons. Several waterfalls—which are rare in the Pyrenees—add to the interest of the ride. In about another hour you emerge from the defile upon the beautiful valley of Pragnères, which, with the numerous cottages and *chalets* on the sides of the hills, its flocks of sheep and goats tended by peasant girls, its cultivated fields and meadows, where

“Flowers fresh in hue, and many in their dyes,
Implore the pausing step,”

strongly contrasts with the wild scenery which you have just quitted, and are again about to

behold. Beyond the village of Gedro, the mountains again approach close to each other ; vegetation becomes more and more scanty, and at last disappears altogether. You now enter upon the district aptly termed Chaos, where desolation reigns supreme, which is heightened by enormous masses of rock (several being as large as a good sized house), scattered about pell-mell, one above another, for a considerable distance, the path winding between them, and being frequently hidden from the view. The bed of the Gave being also completely encumbered, the water is turned from its course, and, flowing over these masses, falls in numerous cascades, which add greatly to the interest of the scene.

How and when the mountain fell which occasioned this devastation is unknown, though traditions are not wanting respecting the occurrence.

Altogether the scene is of such an interesting and peculiar kind, that it must be seen to be appreciated. On approaching Gavarnie, the country has the same wild and sombre aspect, several mountain *pics* are constantly visible, and, at one part of the road, a view is obtained of the *cirque* ; as also, at an elevation of some thousands of feet, of the perpendicular rocky barrier separating France from Spain, with the cleft-like aperture, which, however, is three hundred feet wide, termed the *Brèche de Roland*, from the tradition that this *preux chevalier* made the said breach with his good sword.

From Gavarnie the *cirque* is seen to great advantage, and appears to be quite close ; but an hour's ride is still required before you find yourself at its entrance. Description would be totally inadequate to give a correct idea of this wonder of nature (even if lengthened description were here admissible), I shall, therefore, merely content myself with stating that this celebrated circle is an almost perpendicular wall of yellowish rock, having the appearance of marble, some hundreds of feet high, extending in a semicircular form, so as to enclose an area of four miles. In the centre are several ridges, rising one above another, over which a sheet of water falls, forming the cascade (though at the time of my visit it was frozen, presenting the appearance of extensive sheets of snow).

Those desirous of ascending to the Brèche de Roland, and passing through it into Spain, may find trusty guides at the village of Gavarnie.

A wide and well-constructed road leads by a gradual ascent from Pierrefitte, at the extremity of the vale of Argelès, to Cauterets, passing at first through a beautifully-wooded dell, between lofty pine-covered mountains, and afterwards through a more wild and sterile district, with scarcely any signs of cultivation.

This celebrated watering place lies in the secluded valley of Lavedan, surrounded by scenery of the most romantic kind. It chiefly consists in

a single street, which widens out into a square. The resident population amounts to about fifteen hundred, and two thousand visitors could be accommodated in the season, during which period it is generally thronged, especially by the Parisians, with whom it is a favourite summer retreat. Apartments are, consequently, often exceedingly difficult to be obtained, and are mostly very dear. In the square is the Hôtel du Cercle, where there are public rooms for *reunions*, but there is little general association among the visitors, so that a stranger who does not possess resources within himself would, notwithstanding the magnificence of the scenery, find Cauterets but a dull residence. There are two or three tables d'hôte, but they are not well attended. Cauterets has not the advantage of shaded walks (the only rows of trees being in an enclosure behind the town, which serves for a promenade), and, from its being surrounded by lofty peaked mountains, the summits of which are covered with perpetual snow, the reflection of the sun's rays must be, at times, severely felt, notwithstanding its elevated position; and what must be a great inconvenience to invalids, the bathing establishments, with one exception, are out of the town, some of them being at a distance of more than two miles.

The season lasts from June to September, before and after which periods poor persons are allowed to use the baths on payment of a trifling sum

(two or three sous each bath). Beyond the town a gradual ascent of the valley leads to the principal establishment—la Raillière—a handsome isolated edifice, with a central vestibule, drinking fountain, and bathing cabinets, furnished with marble baignoires and douche apparatus, on either side. Some distance beyond this are the springs *du Pré*, *petit St. Sauveur*, and *du Bois* ; the latter being perched high up on the mountain's side. The baths in these establishments are dark and dirty-looking ; there is also in this direction the spring Mahourat, which is only used for drinking. These springs lie about a league from the town, amidst scenery of the most magnificent description, and at the junction of two foaming torrents, which, obstructed by large masses of rock detached from the mountains, form numerous cascades. From hence the road to the right conducts to the Lac de Gaube and the Pont d'Espagne (the latter being a narrow bridge, thrown across the torrent from one rock to another), which are the objects best worth visiting in the environs.

The temperature of the springs varies from 21 to 40 degrees, R. The composition of the water is very analogous to that of other springs in this part of the Pyrenees, containing principally sulphuret of sodium, carbonate, sulphate, and muriate of soda, with carbonic acid and azotic gases in small quantities. The Raillière is the spring mostly used for drinking ; it has a high reputa-

tion in pulmonary and nervous affections, and in dyspeptic cases.

Besides these springs, however, there are others in a different direction, which are much more sulphurous than the southern group, and are chiefly used for baths. These are termed Bruzaud, situate at the foot of the hill close to the town ; Cesar, high up on the same hill ; la Reine, near the former, and des Espagnols. Patients who cannot walk to the baths are carried in *chaises à porteur*, the price of which is very low, and which are indispensable in protecting susceptible invalids from the transitions of temperature, which are at times very great and sudden.

The number of the springs enables the practitioner the better to adapt them to individual cases and peculiarities.

Though the composition of some of these Pyrenean springs be not materially different, yet they differ considerably in the important circumstances of temperature and locality, and certain of them have acquired a special reputation in particular complaints. Thus, Barèges is recommended, *par excellence*, in cases of old wounds, ulcers, or long standing affection of the bones ; Bagnères de Luchon, in gouty, rheumatic, and cutaneous diseases ; St. Sauveur in nervous complaints, and some local affections to which women are subject ; while Cauterets, from the number of its springs, and the difference of their temperature, can be adapted to most of the

above-mentioned indications. The greater number of patients are perhaps those labouring under the various forms of indigestion, and pulmonary complaints, or a tendency to consumption. The number of those with rheumatic and cutaneous diseases is likewise considerable.

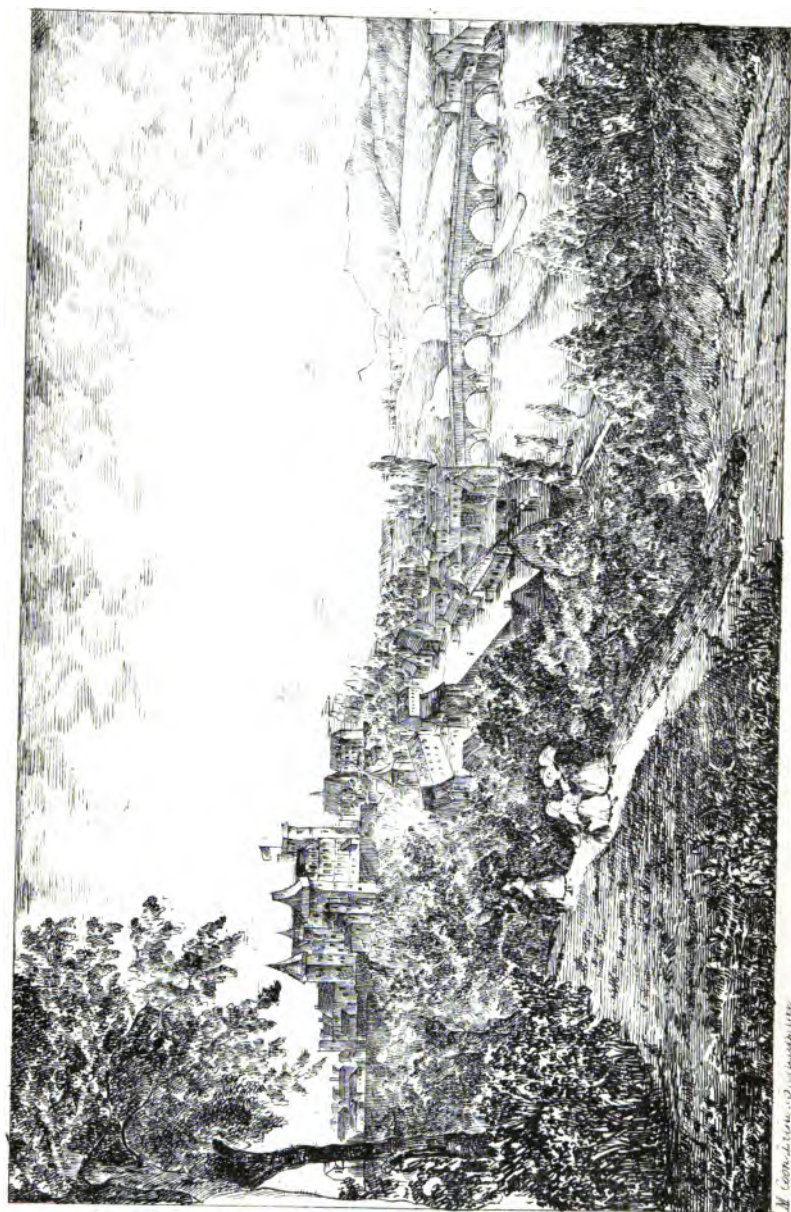
CHAPTER IV.

PAU AND ITS CLIMATE—EAUX BONNES AND CHAUDES—INHABITANTS OF
THE PYRENEES—THE LANDES—BORDEAUX AND ITS CLIMATE—TOURS.

HAVING enjoyed the gratification of visiting the baths of Barèges, St. Sauveur, and Cauterets, with the highly interesting scenery in their neighbourhood, the tourist who is disinclined to excursions among the mountains, or to passing into Spain, must retrace his steps by the valley of Argelès to Lourdes ; whence the drive to Pau presents a different character of scenery. The road is continued for some distance on the bank of the Gave de Pau, here already a river of considerable size, and traverses a smiling country of pasture land, corn-fields, and prettily-wooded hills, which seems to be the abode of fertility and contentment.

A little before arriving at Estelle, the department of the High Pyrenees terminates, and you enter that of the Low Pyrenees, where the country increases in beauty, resembling a rich garden, and producing a variety of fruit, Indian corn, and grain ; the vines hanging in festoons between the trees, as in Italy.

Numerous country-houses and detached cottages



CASTLE OF PAU.

CA 711 V PAU.

are seen on approaching Pau, which is situate on an elevated plain in the richest part of the district of Bearn, of which it was formerly the capital. It contains a population of twelve thousand inhabitants; is a clean and cheerful looking town, and has greatly increased in size within the last few years, which is partly attributable to the number of English residents, and of the visitors who resort thither on the approach of winter.

In fact, Pau offers many inducements to families and invalids to select it for a winter residence. Its position is in the highest degree beautiful; the houses and its accommodations are good, though the proprietors are somewhat *exigeans*. Provisions of all kinds are abundant, and the climate is better than that of any other town in the south of France. It is humid as compared with that of Provence, but drier than other towns in the south-west, on account of its more elevated position, and from the gravelly nature of its soil. Sir J. Clark says, in reference to it, in his work on Climate—"Calmness is a striking character of the climate, high winds being of rare occurrence, and of short duration. The mean annual temperature is four and a-half degrees higher than that of London; five lower than that of Marseilles, Nice, and Rome. In winter it is two degrees warmer than London; three colder than Penzance; six colder than Nice and Rome, and eighteen colder than Madeira; but in spring Pau is six degrees warmer than London, and only

two and a-half colder than Marseilles and Rome. The daily range of temperature at Pau is seven and a-half degrees, at Nice eight and a-half, at Rome eleven. The number of days on which rain falls on an average is 109, nearly the same as at Rome, and about 70 less than at London; the west wind blowing directly from the Atlantic is accompanied with rain. The wind from the north-west, and from this point to the north-east, brings dry cold weather; while that from the north-east to the south is usually attended with clear mild weather; south and south-west winds are warm and oppressive. The westerly or Atlantic are most prevalent. The north wind blows feebly, and is not frequent. Rain seldom continues for more than two days at a time, and the ground dries rapidly; the atmosphere generally speaking is free from moisture." Sir James further states that "the circumstances which render Pau eligible for some invalids are, that the atmosphere, when it does not rain, is dry and the weather fine; there are neither fogs nor cold piercing winds, and the mildness of the spring is characteristic, and is consequently favourable in chronic affections of the larynx, trachea, and bronchia. In gastritic dyspepsia, and some kinds of asthma, it is also beneficial; but is prejudicial in bronchial disease, accompanied with much general relaxation, copious expectoration, and dyspnoea. It is too changeable for consumptive diseases." Some gouty patients would also derive

advantage from wintering at Pau, especially after a course of mineral baths in the summer.*

The town consists chiefly of a long street badly paved, whence others diverge, leading, on the one hand, to the Place Royale, an esplanade planted with trees, and commanding a delightful prospect; and on the other, to the Place de la Concorde, a spacious square of modern houses built on arcades, with shops on the ground floor; the upper part of many of them being let to strangers. At the extremity of the principal street is the old *chateau* of Henri IV., which, with its antique towers, when seen from a distance, forms a picturesque object in the view. In the court-yard are the heads in *bas relief* of some of the ancient princes of Bearn. At the entrance is a statue of the king,

“ Qui fut de ses sujets le vainqueur et le père,”

which shows him to have been of very diminutive stature. In the interior is exhibited the cradle of the king, formed of a tortoise-shell. From the summit of the chief tower a splendid panorama is displayed of a highly-cultivated and richly-wooded country, dotted over with *chateaux* and

* Dr. Taylor, a resident physician, contrasts Pau with Nice as the extremes of continental climates frequented by English invalids. He says, “Langour, disinclination to exertion, and a sense of fullness in the head and chest, are the primary effects experienced by healthy strangers. Hence, in all diseases of an atonic character, in a depressed and relaxed state of the nervous and muscular systems, and in congestive diseases, the climate is injurious.

farm-houses, and through which flows the *Gave*, which has been already noticed, but which is transformed from a foaming mountain-torrent to a placid and broad river, crossed by a handsome bridge. On the opposite side, the hills are clothed with vineyards, which yield the esteemed wine of Jurançon; while, towards the south, a background to the prospect is formed by the chain of the Pyrenees, in the centre of which the Pic du Midi towers above the rest.*

The park, which extends a considerable distance from the chateau, and possesses an avenue of fine old trees, is the most usual promenade: the walks and rides in the environs are beautiful and varied, and the angler may have ample scope for the gratification of his taste. In the town there is a tolerable theatre, and a reading room, where the London papers are received. There is also frequently a good deal of society, so that altogether Pau would offer several resources during a winter residence.

The Eaux Bonnes, and Eaux Chaudes, are about seven leagues from Pau: the road, passing over the bridge, and for some distance along the river, is highly interesting. At the little town of Laruns, in the valley of Ossau, it divides into two, the one to the right leading up a wild defile between mountains clothed with box-wood to the Eaux Chaudes; while that to the left leads by a

* The chateau of Pau is now the prison of Abdel-Kader.

steep ascent to the Eaux Bonnes, which is closely encircled by lofty and rugged mountains, the sides of which have been in some parts cut away to allow space for new erections. Even now the place does not contain more than twenty-five houses, which have been found insufficient to lodge the increasing number of visitors.

Close at hand are quarries of marble, which have served for building several of the houses, which have consequently a handsome appearance, and are clean internally, the accommodation being better than at most of the other watering-places. The bathing establishment (with baths on the ground, and a public room on the first floor) is a new and elegant structure. The bathing cabinets are handsomely fitted up, and the baignoires constructed of white marble. In the vestibule is the drinking fountain, these springs being more used for drinking than for baths, for which the supply of water is scarcely sufficient. There are two springs, one rising behind the bath-house, the other a little way up the mountain; they are of a lighter sulphurous kind, and enjoy a high reputation in disease of the air-passages, and in incipient consumption. The water is also sent to Pau, and is drank by some individuals during the winter. There is at the Eaux Bonnes a great deficiency of shade, and but little space for exercise, on account of the mountains approaching close to the houses. A small piece of ground has, however, been laid out and

planted with trees. The heat is generally very great in the middle of the day, and the transitions of temperature are sudden. At the principal hotel there are a table d'hôte and public rooms for *reunions*; the visitors also associate more at the Eaux Bonnes than at some of the other baths, where there is a more numerous society, and where there are more resources for the occupation of time.

The position of the Eaux Chaudes is even more wild and secluded than that of the Eaux Bonnes, being in a narrow gorge between box and fir-covered mountains on the edge of the *Gave d'Oleron*, which rolls with impetuosity below. There are about sixteen houses, mostly old; the bathing cabinets are low and dark, and the accommodation altogether very inferior to the Eaux Bonnes. The springs are principally employed for bathing, the supply of water being more abundant than at the Eaux Bonnes, and they are said to have great efficacy in rheumatic, paralytic, and cutaneous affections. Though these waters have been employed medicinally by the inhabitants of Bearn and the adjacent districts ever since the time of Henry IV. (when they were termed Eau d'Arquebusade, from their supposed efficacy in gun-shot wounds), it is only of late years that a road practicable for carriages has been constructed from Laruns; previously to which many of the inhabitants of the town earned a livelihood by carrying invalids across the mountain to the springs. Although termed *Chaudes*,

the temperature of the springs is not much higher than the Eaux Bonnes, but yet it is sufficiently so for bathing, without requiring the water to be artificially heated. In the environs is a celebrated cavern, termed the fairies' grotto, which extends a considerable distance under the mountain. The frontier of Spain is about an hour's walk beyond the baths.

Previous to taking leave of the Pyrenees, I will subjoin a few remarks on the peasantry from the work of Mr. Inglis, which I have already quoted :—

“The inhabitant of the Pyrenean valley is in everything more primitive than the Alpine mountaineer. In his nourishment and dress he retains the pastoral simplicity, and, I might add, in his morals too. Bread of rye or barley, and milk, and a sort of paste made of Indian corn, are the habitual diet of the Pyrenean peasant; and those who are in comparatively easy circumstances salt some kid's flesh, and sometimes a pig, for high days and holidays. In comparison with the comforts which a peasant of the Grindelwald or the Grisons draws around him, those of the Pyrenean peasant scarcely raise him above the grade of a needy man; for not only are the articles of his subsistence of the simplest kind, but even in the quantity of these he is limited.

“In the dress of the Pyrenean peasant of both sexes, the usages of Spain have been adopted. The men cover their heads with a small bonnet,

and their bodies with a large cloak, which descends to the very feet. The women throughout all the Pyrenean valleys are clothed in the same way as at Tarbes; they either wear the capulet or short hood of scarlet, or the capuchin, a cloak of black, both thrown over the head and shoulders, and most commonly they have sandals upon the feet, excepting in the mountains, where the peasant generally walks with naked feet. The mountaineers of the Pyrenees are a handsomer race than the Alpine peasantry, but the dress of the former is less adapted to display the figure.

“That besetting sin of the Swiss—greed, I have never found among the Pyrenees. The intercourse of the mountaineer with strangers has hitherto been too limited to dull his natural feelings of justice, kindness, and generosity; and I have generally found it difficult to prevail upon an inhabitant of a Pyrenean cabin, poor as he is, to accept any remuneration for his hospitalities. Crime of every description is rare in the Pyrenees, theft is very unfrequent, and murder altogether unknown. No traveller need hesitate to traverse every part of the French Pyrenees alone and unarmed.”

The journey from Pau to Bordeaux requires eighteen hours. For the first two posts the country is beautiful and highly cultivated, the land being partitioned off into orchards and meadows by hedges, which likewise border the road, as in England. On quitting the province of Bearn,

and entering upon the district of the Landes at Mont-de-Marsan, the aspect of the country becomes totally changed. Nothing is seen for miles but extensive marshy wastes, without any sign of habitation, beyond here and there a turf hovel to afford shelter to the peasantry, who are employed to superintend the flocks of sheep, and whose aspect is sufficiently indicative of the malarious influence of the locality. In the winter, and when the ground is covered in many parts with water, they use for progression high stilts, which enable them to see for a considerable distance, and with which they can run and leap the wide chasms, by which the ground is frequently intersected, with surprising dexterity. A man, woman, and child generally go together, walking on these stilts, the woman being usually employed in knitting; and, seen from afar, the group presents rather a grotesque appearance. The soil of this tract of country is loose and sandy, and the road through it was formerly made with piles of wood laid across. Within the last three or four years, however, a tolerable *chaussée* has been constructed with stone, which was brought from a great distance. Notwithstanding the desolateness and unhealthiness of this district, the inhabitants are said to be much attached to it, preferring it to other parts.

At Bazos, the country again assumes an aspect of fertility, and at Langon the road joins the left bank of the Garonné, which is here crossed by a

handsome suspension bridge, and whence there is constant communication with Bordeaux by steamboats. The banks of the river are beautiful, and in many parts strikingly picturesque—verdant meadows, gently sloping uplands and vineyards; well-wooded hills, occasionally crowned with ruins; modern country-houses and pleasure-grounds present themselves in succession or alternately to the view, till the traveller arrives within sight of the city and its handsome stone bridge. The celebrated vineyards of Sauterne and Barsac lie a little way from the left bank of the river.

Few strangers can fail to be struck with the magnificent aspect of Bordeaux. The *coup-d'œil* of its splendid quays and range of buildings, extending in a semicircular form upwards of three miles, of the broad river crowded with shipping, and of the bridge, which is longer than that of Southwark, is *unique* of its kind; while the bustle of its streets, the spacious squares and promenades, and the richness of the shops, impart to it every appearance of a metropolis. The fine avenues of trees in the *Allées de Tourny* and *des Quinconces* are the most usual resort of the inhabitants. Among the public edifices principally deserving of notice are the cathedral, the gothic church of St. Michael, and the theatre, which, as a work of architecture, is considered to be faultless. The interior of the building is, however, dirty, and the performers are but indifferent, theatricals not being much patronized

by the higher classes. The great hospital St. André is likewise an elegant structure, and its interior arrangement and cleanliness are superior to most of the medical institutions which I have visited. It contains seven hundred beds. Bordeaux ranks high as a school of medicine, and numbers among its inhabitants several celebrated men. Notwithstanding its beauty as a city, it would not offer much attraction for the prolonged residence of strangers; for though the inhabitants be courteous and hospitable, most of them are engaged in commerce, and a person without occupation would soon experience a want of resources. Society is a good deal divided into coteries, and pleasure is less followed than in many other parts of France. The principal merchants have large houses on the Quai des Chartrons, beneath which are extensive cellars, where the wines are kept preparatory to exportation.

The climate is bad at Bordeaux; the heat in summer being very great, while the winter, though not very cold, is generally damp, from the winds which blow from the ocean and the marshy district of the Landes. A good deal of rain also falls. The most prevalent diseases are rheumatic and bronchial affections, inflammations of the bowels, pulmonary consumption, scrofula, continued and intermittent fevers.*

* "The modern word Bordeaux admits of an easy explanation, for it is almost literally *bord-des-eaux*, or *bordé d'eaux*, which is truth. Bordeaux

The public cemetery, about a mile from the town, is worth visiting. It is a spacious piece of ground, divided into different sections by rows of cypress and plane-trees. Some of the mausoleums and tombs are of fine marble, and all have flowers planted around them, or are decorated with chaplets of *immortelles*. There are likewise in the environs several points to which interesting excursions may be made, as the Chateau de la Brede, formerly the residence of Montesquieu; the Chateau d'Epernon, Lafitte, and Margeaux, where are the celebrated vineyards, which are insufficient to supply a tithe of the wine which is sold in Europe under their name. [Those desirous of some account of the Bordeaux wines may refer to Inglis's Travels in the South of France and the Pyrenees; and also to Redding's work on modern wines.]

is in fact surrounded by waters. On the east the Garonne flows, on the west and south three streams are found, and on the north are the rivulets called the Bourde and the Talle. And, besides all these running streams, there are many large marshes, at no great distance from the city." So situated, it may be supposed that Bordeaux cannot be a healthy city; the winds which blow the most frequently are west, south-west, and north-west, and these, blowing over the ocean and the Landes, must necessarily be charged with humidity. Accordingly the atmosphere of Bordeaux is most commonly moist and mild. During the winters, which are generally rainy, the thermometer generally descends below the fourth or fifth degree of Reaumur. This humid atmosphere and high temperature during the summer, together with the vicinity of the marshes, is productive of frequent epidemics, and of various other maladies, among which the most frequent are colds and coughs, intermittent fevers, rheumatism, and particularly those diseases which the French call *Phthisie tuberculeuse des adultes*, et *Phthisie pituiteuse des vieillards*."—Inglis, *Op. Cit.*

About five miles from Bordeaux, on the Paris road, at St. André de Cubzac, a great work has been latterly completed, viz., a suspension bridge (or rather, five suspension bridges joined into one) across the Dordogne, which is considerably wider than the Garonne at Bordeaux. Three pillars of masonry in the bed of the river serve as so many *points d'appui*, and the bridge is raised so high above the water that large vessels can pass beneath. Until it was completed, the communication was kept up beneath the banks by a ferry-boat moved by horses turning a wheel, with paddles; the current was, however, occasionally too strong to allow the boat to pass, and all correspondence between Bordeaux and Paris by this road was consequently cut off for the time. There is in the summer and autumn communication by steam between Bordeaux and Dublin, the passage being made in about three days; so that invalids proceeding from Ireland to Italy might avoid the long land journey through France. There is also almost daily steam communication between La Rochelle, Rochefort, and Nantes.

The journey from Bordeaux to Paris occupies about thirty hours. There is an English colony at Tours, though the number is much less than a few years ago. The town is beautifully situated on the left bank of the Loire, which is crossed by a handsome bridge. It consists chiefly of a fine wide street, three quarters of a mile long, and short divergent streets. Living is cheap, and the

winter climate is mild, the sky being generally clear, so that Tours might suit many who are desirous of residence less exposed to change and bustle than places more resorted to by the generality of English travellers. By means of the railroad the journey may now be performed to Orleans in three, and to Paris in six hours.

CHAPTER V.

NICE—CLIMATE AND REMEDIAL ADVANTAGES—CORNICE ROAD—GENOA
ROAD TO LUCCA—LUCCA BATHS.

PASSING Antibes, the frontier town of France, the traveller arrives at the bed of the river Var, which divides France from Piedmont, and is crossed by a long wooden bridge, portions of which are occasionally carried away by the force of the torrent, after heavy rains; and having undergone the ordeal of the custom-house, reaches Nice, which is seen to great advantage on approaching from the west. Its white houses and clear blue sky form a beautiful contrast with the olive-covered hills and dusky mountains by which it is surrounded on the land side, while on the south nothing is seen but the blue waters of the Mediterranean, dotted here and there with small coasting vessels, which, with their broad lateen sails glittering in the sun, add to the picturesqueness of the scene. The greater part of the town is separated from the port by a rocky hill, rising precipitously from the sea, and surmounted by the ruins of a fort. A parapetted road forms the principal means of communication between the two parts. The Place Victoire, a spacious square,

and a range of new houses, lie to the north of the port—the old town and the new streets to the west. The streets of the old town are dirty, crowded with shops, and, with one or two exceptions, are scarcely wide enough to admit the passage of a carriage. The Corso, a promenade shaded by trees, and the streets in its neighbourhood, contain some good houses, which have a sea view, and are let to strangers in the winter. A long range of dirty-looking buildings, consisting of low shops and caffès—the flat roof of which forms an agreeable evening promenade—stands between the Corso and the sea. A river, or rather the dry bed of a river, which is sometimes filled by the waters from the mountains after heavy rains, termed the Paglione, forms the limits of the town on the west, and this part also contains some good houses. Many new buildings for the accommodation of visitors have arisen within the last few years. The most eligible quarter, however, which is mostly resorted to by the English and higher class of visitors, is the suburb of the Croix de Marbre (so called from the large marble cross placed upon the spot to commemorate the meeting of Charles V., Francis I., and Pope Alexander), which extends along the shore for a considerable distance west of the town, and contains several handsome houses, to most of which a large orange garden is attached. A walk extends along the beach close to the garden wall.



H. Com. Litho. 1/5. Chagrin.

NICE.

The environs of Nice are delightful ; the soil is extremely rich in vegetable productions ; various kinds of flowers, the olive, pomegranate, lemon, orange, almond, and fig, grow luxuriantly, and some spots almost realize the poet's description of an enchanted garden—

“ Vaghi boschetti di soavi allori,
D'ulivi e d'amenissime mirtelli,
Cedri ed arancie ch'avean frutti e fiori,
Conteste in varie forme e tutte belle ; ”

The termination of the stanza, however,

“ E tra i rami con sicuri voli
Cantando se ne giano i rossignuoli,”

is not so applicable, as the Nissards amuse themselves by shooting all the small birds in their neighbourhood.

From the top of the hill a delightful prospect presents itself of Nice, with its numerous orange gardens, villas, and olive-clad hills ; its beautiful bay, and the lofty mountains by which it is sheltered from the north, and to which it owes its advantage of climate ; while immediately beneath the houses of the old town, thickly clustered together, form a striking contrast with the beauties of earth, sea, and sky, by which they are surrounded.

The province is placed under the control of a military governor ; the town consequently contains a numerous garrison, and the population amounts to about thirty-five thousand individuals,

consisting, for the most part, of government employés, lodging-house keepers, fishermen, and others connected with the port. The peasantry are extremely poor, but hard working and honest; the women of the lower class do not possess the

“Dono infelice di bellezza,”

being for the most part dark complexioned and coarse featured, which is mainly caused by their working constantly exposed to the sun; the mode of wearing the hair tied up on the back of the head so as to expose the forehead, and the head being indifferently protected by round Chinese-looking hats; but even these are frequently not worn while pursuing their out-door avocations.

The town itself does not present many resources for amusement. There is a tolerable theatre, where operas and vaudevilles are performed; the governor and two or three of the inhabitants give a few balls during the season. Dinner and evening parties are, however, frequent among the English and other visitors. The Church of England service is performed by a resident clergyman, in a neat chapel, erected in the Croix de Marbre, and encircled by the cemetery. As the only good carriage drives are those along the Paglione, the roads leading to the Var and to Genoa, excursions are frequently made among the valleys on donkeys or horseback. One of the pleasantest rides is to the convent of Cimiez, situate on a hill overlooking the valley of the

Paglione, which commands a good view of the environs of Nice, and which itself forms one of the most prominent features in the scene on looking up the valley from the town. Several villas lie about the base of the hill, which may be hired in the winter. In a little work, published by Dr. Farr, the author strongly recommends this situation in pulmonary diseases, and I agree with him that, as far as climate is concerned, it would be preferable to the town in some cases. St. Barthelymi and St. André are likewise beautifully situate.

Villefranche is another beautiful spot, lying to the eastward of Nice, from which it is separated by a steep hill. It possesses a spacious harbour, sheltered on all sides, which can admit the largest vessels. The little dirty town is almost surrounded by olive-covered hills, which rise steeply above it to a considerable height. From Villefranche a delightful path, overlooking the sea, and bordered by olive trees, myrtle, and other shrubs, leads to L'Ospizio, situate at the extremity of the tongue of land which forms one side of the harbour, whence one may enjoy a charming prospect of several miles of rocky coast—

*"Indi i monti ligustici e riviera
Che con arancie, e sempre verde mirti
Quasi avendo perpetua primavera
Spargon per l'aria i bene olenti spirti."*

Nice has long been resorted to by invalids for the sake of its winter climate, which differs ma-

terially from that of Provence and the south of France, inasmuch as it is sheltered from the *vent de bise*, or mistral, by the maritime Alps on the north and north-east, and by the Estrelles, which terminate at the sea, on the west ; but still it is liable to cold winds and the atmospherical transitions, which render a residence in the south of Europe dangerous to invalids ; hence much discrimination is required in the selection of the cases likely to be benefited by its climate, as well as the proper period of residing there. The rainy season is generally over at the time when strangers begin to arrive, and the months of November, December, and January are usually fine and warm, the temperature of the air being seldom lower than 45 degrees in the day-time, and sometimes as high as 60 degrees in the shade. The sky is mostly cloudless, of a deep blue colour, and the sun is often extremely powerful in the middle of the day, when the Nissards usually remain within doors. The atmosphere is light, dry, and exciting, and is consequently suited to individuals of a torpid or relaxed habit. Cold winds sometimes occur in these months, but are most severely felt in the spring, when they blow sharply from the east over the mountains, at that period covered with snow. In the spring also the sun acquires great power, rendering the climate extremely trying to invalids, especially to those labouring under disease of the lungs or air-passages.

According to Sir J. Clark, the mean winter temperature is 48 degrees ; being nine degrees warmer than London, one colder than Rome, and ten colder than Madeira. The daily range of temperature is less than any other part, and in steadiness of temperature it ranks next to Madeira.

I perfectly agree with Sir James in the opinion that Nice is not suited for the winter residence of consumptive patients, or those in whom there exists much irritability of the air-passages. The air is too sharp and exciting, and the occasional cold winds are severely felt. Those persons, however, in whom there exists a predisposition to consumption, or even those in the earliest stage of the disease, will often derive considerable advantage from passing November, December, and January, at Nice, provided there be not much acceleration of pulse or cough. The climate is generally of great service in chronic bronchial disease, particularly the catarrhal affections of elderly people, attended with copious secretion of mucus, and in those forms of asthma where there is little tendency to inflammatory action. I have known some persons labouring under these complaints who have passed several successive winters at Nice. Patients with chronic gout, rheumatism, and paralysis (the latter when not from apoplectic attacks), as well as those whose general health has become deranged by a residence in tropical or unhealthy climates, will in general derive benefit from wintering at Nice ; as will also

many nervous, hypochondriacal, and scrofulous patients, and those of a cachectic habit of body, with a languid circulation. Several of these cases will be likely to derive much more advantage from climate by the previous employment of mineral waters ; the combination of these means offering, in my opinion, the greatest probability of cure and amelioration in long standing disordered states of the health, where a generally alterative and renovating treatment is indicated. I have, during several years, been in the habit of recommending many invalids, especially those with pulmonary complaints, to leave Nice before the middle of February, about which period inflammation of the lungs and bronchia is very common among the inhabitants. Several persons, by remaining throughout the spring, have lost the advantage which they had gained during the preceding months; and though it may not seem to be a pleasant thing to travel at this season, yet but little difficulty is experienced in proceeding to Rome or Pisa, as the coast road to Genoa is always passable, and, except immediately after heavy rains, is in good condition. The constant passage of steam-boats likewise presents a rapid mode of conveyance to those who may prefer it.

Nice frequently disagrees with healthy persons of an irritable or plethoric habit, inducing headache or derangement of the digestive organs. The diet, both of those in health and invalids,

will require particular attention, as several articles which agree very well in England not unfrequently disagree with people at Nice. Wine, in particular, should be taken very sparingly. Those who remain during the spring should avoid exposure to the sun's rays, by remaining in-doors in the middle of the day, or by carrying an umbrella, as there are no shady walks in the immediate neighbourhood of the town. Invalids should likewise avoid being out at sunset, as there generally arises an exhalation from the earth at that hour.

With respect to the choice of a residence, the Croix de Marbre, and the range of houses near the river, appear to me to be the preferable situation for the majority of invalids. The villas in the neighbourhood of Cimiez are less convenient in many respects, especially with regard to dinners, which at Nice are usually sent from a *traiteur's*. When, however, a villa is preferred, one should be selected a little elevated above the plain, on account of the moisture which frequently arises from the irrigated meadows after sunset. The houses near the Corso, which have a southern aspect, are not objectionable, but those in the Piazza Carlo Alberto, and along the left bank of the Paglione, are less eligible, on account of their northern aspect, and greater exposure to the winds, which sometimes sweep down the bed of the river with great violence. The *Maison Gilli* is one of the best situated lodging-houses in the

Croix de Marbre. There are also several new houses near the bridge not in an exposed situation. The *Pension Anglaise* will be found a comfortable residence for small parties and single people.

The distance from Nice to Genoa is about a hundred and twenty miles, by the beautiful road along the coast, first opened about sixteen years ago, and ever since much frequented, both on account of its magnificent scenery, and also from being the only way travellers can conveniently pass by land between Italy and the north, when the Alpine passes are blocked up with the snow. The posting is well served. The road, although at some parts extremely narrow, and indifferently defended by parapets, is for the most part good, and, as well as the accommodations at inns, is much improved within the last few years. It is not often obstructed by snow, but after heavy rains, which fill the beds of the mountain torrents, through which it passes, the communication is sometimes interrupted for a day or two. As the scenic beauties of this route have been dwelt upon by abler pens, I shall abstain from description, and content myself with briefly mentioning some of its most interesting spots.

The road is for the most part cut, at elevations varying from one hundred to fifteen hundred feet, out of the side of mountains which rise steeply from the sea, frequently descending to pass through towns on the shore, winding round beautiful inlets, or crossing some projecting

headland, and at some parts is hewn for several miles out of perpendicular rocks, which also, in two or three places, are excavated in grottoes for its passage. On leaving Nice, you begin to ascend hills, round which the road winds for three or four miles inland. At an elevation of about fifteen hundred feet, the sea again comes into view, and you perceive beneath the harbour of Villa Franca, with the picturesque peninsular of Ospizio. After a drive of a few miles, you descend to Mentone, in the principality of Monaco. Further on, Monaco and several other towns and villages are seen crowning promontories, or nestling at the base of precipitous cliffs on the shore. Among these St. Remo, Porto Maurizio, and Oneglia, are remarkable for the beauty of their situation. Most of these towns, however, which, on account of the whiteness of the houses, produce a fine effect when seen from a distance, are, on a nearer approach, found to belie the impression created by their first appearance. After leaving Oneglia, you ascend a steep hill, whence a turn of the road suddenly displays to the view the magnificent bay of Alassio, with numerous towns and villages skirting the shore. A small island in the bay adds to the beauty of the scene. The views in the neighbourhood of Loano and Albenga are also strikingly fine, the mountains presenting a bold and rugged aspect, which contrasts agreeably with the verdure and fertility of the valley in which Albenga lies. From the

mountain of Finale, you have likewise a splendid prospect, including Genoa and several intermediate towns; while immediately beneath is seen Finale, to which the descent by a narrow road, cut by a succession of zigzag turns in the precipitous sides of the mountain, is exceedingly steep.* Between Finale and Genoa the road is excellent, and the scenery of the most interesting description. At Noli, the gulf of Genoa, backed by a semicircle of lofty mountains, with numerous towns along the coast, and the city itself—

“Che al mar le sponde, il dorso ai monti,
Occupa tutta, e tutta a cerchio adorna,”

burst upon the view, exhibiting a scene unequalled in magnificence. From Savona, the road is carried along the sea-shore, and, on approaching the city, is skirted with beautiful villas and gardens. You then pass through a long suburb, and, on arriving at the light-house, see displayed before you the harbour filled with shipping, and encircled by hills, thickly covered with palaces and villas, together with the range of fortifications carried for some miles along the heights.

The entrance by the Strada Balbi, a wide street of lofty marble palaces, is strikingly fine. The Strada Nuova and the Strada Novissima are a continuation of the Balbi, and contain the splendid palaces of the ancient Genoese nobility,

* This road over the hill is now abandoned, a new one having been cut along its base and through its extremity, forming a long grotto or tunnel.

forming, perhaps, the finest streets in Europe. These, however, are almost the only ones in which carriages can pass; the rest of the town consisting chiefly of narrow passages or alleys between lofty houses, descending to the port, and thronged with pedestrians and the mules which carry about articles of consumption. Several of these wynds are lined with rich shops, especially the Goldsmith's street, in which a brilliant display is made of gold and silver chains and filagree work, for which the Genoese are celebrated. The manufactories of velvets likewise employ a good many of the inhabitants; the velvets are, however, inferior to those of Lyons. Gold articles are sold by the weight, a fixed price being added for the manufacture.

Most of the palaces are built around spacious court-yards: some of them are decorated externally with fresco painting, especially those near the Piazza delle Fontane Amoroze. The most remarkable are the Palazzi Durazzo, Pallavicini, Brignoli, and Serra, the latter containing a saloon, said to be the richest in Europe with respect to gilding. There are two Palazzi Durazzo; one is now the royal palace, and formerly contained a rich collection of pictures, which has been for the most part transferred by the king to Turin. The celebrated picture of Paul Veronese, of the Magdalen and our Saviour in the house of the Pharisee, went with the others. A few, however, still remain, of which a crucifixion, by Vandyck,

a Carmelite friar, by Spagnoletto, and a portrait, by Rembrandt, are among the best. The palace Filippo Durazzo contains among its collection the Tribute Money, by Guercino, Grecian Charity, a Sibyl, and a Sleeping Cupid, by Guido; some portraits, by Vandyck, and Philip of Spain, by Rubens. In the Brignoli are some ~~fine~~ family portraits, by Vandyck, especially a Marquis Brignoli on horseback; Christ driving the Buyers and Sellers from the Temple, by Guercino; the Madonna, Saviour, and St. John, by the same painter; as also a fine Cleopatra and the Assumption, by Correggio.

The Doria Palace fronts the harbour, and forms a prominent feature in the view from the sea; it is now, however, untenanted, and in a neglected state. The port is, perhaps, the most spacious in the Mediterranean. A magnificent marble terrace, extending the whole length of the houses, and overlooking the harbour, has just been completed.

Compared with those of Rome and Venice, the churches of Genoa are not remarkable for exterior beauty or interior decoration. The best worth visiting are the cathedral, St. Annunciata, and St. Maria Carignano; from the summit of the latter there is a good view of the town, port, and of the sea. The Albergo dei Poveri, a workhouse on a large scale, is a fine establishment. Visitors are admitted to see the various works in progress. The hospital Pamatone is an extensive building: the staircase and some of the

wards are adorned with statues, larger than life, of some of the Genoese nobles, and others, who have been benefactors to the establishment.

The opera house is a handsome structure, and the *corps dramatique* tolerably good.

Genoa, and the numerous villas covering the hills around it, are seen to the greatest advantage from the entrance to the harbour. The view is superb, and second only to that of the bay of Naples. A good view of the city and harbour may also be enjoyed from the garden of the Villa Negri. In some of the harbours mirrors are placed so as to reflect the objects beneath, which produces a pleasing effect. The Genoese are mostly good-looking; several of the women are handsome, and wear long veils, resembling the Spanish mantilla, fastened to their hair with gold or silver pins; but French fashions have now very generally superseded this becoming costume. The higher classes possess, for the most part, but scanty information, few being addicted to intellectual pursuits, and appear to care for little else than the pleasures of the hour. If the Italian proverb is to be believed, the Genoese are not much to be depended upon; the reason why there are so few Jews at Genoa is said to be, that the Genoese are "*plus juifs que les juifs*," though, from what I have seen, I should say that they are not more dishonest than the inhabitants of some other parts of Italy.

There is but little society at Genoa, and no

inducement for the majority of travellers to make a prolonged sojourn.

The climate is one of the worst in Italy: there is often much rain in winter. The changes of temperature are great and sudden, the hills behind the town not being sufficiently high to shelter it from the north and east winds, which blow down with considerable force from the higher mountains.

Between Genoa and Chiavari, the scenery is of a character similar to that on the Savona side. At Recco the road passes through a grotto, whence there is a splendid view of the bay, encircled by mountains. Before arriving at Chiavari, you pass two other grottoes; cut through rocks of marble, within fifty yards of each other, the intermediate part being built up with masonry. Chiavari is a pretty town on the shore, beyond which the road winds inland, crossing the Bracco, the highest pass of the Apennines, to Borghetto, a dirty miserable-looking place. Beyond this town you traverse a level country, and ascend the hill above Spezzia, whence the town, with its magnificent bay—one of the finest natural harbours in the world, encircled by high mountains—is seen expanded beneath, forming a *coup d'œil* rarely equalled in beauty. Leaving Spezzia, you are ferried across the Magra (which after heavy rains frequently overflows its bed, so as to interrupt the communication) drive through Sarzana, the last town on the Genoese territory,

and enter Tuscany, passing by Carrara, which is situate in a picturesque locality, amidst dark masses of mountain with snow-tipped summits, and is celebrated for its marble quarries, which supply the studii of Rome and Florence with the *materiel* whence emanate those creations of the chisel which excite the admiration of the beholder. You arrive next at Massa, the environs of which, abounding in vines, oranges, olives, &c., form a complete garden, whence, after crossing a steep hill, you traverse a level and fertile plain, which extends to Lucca.

This town, enclosed by ramparts, doubtless merited the title of L'Industriosa. Its streets are clean, regularly built, and paved with flag-stones; they have now, however, a deserted appearance, the population not being in proportion to the size of the town. The palace is a handsome structure, elegantly fitted up, and contains some good pictures. In the Dominican Convent is a celebrated picture—the Assumption, by Fra Bartolomeo. The Lucchese are good-tempered, courteous to strangers, and are said to be a very moral people, compared with other parts of Italy.

The baths of Lucca are about fourteen miles from the town, and are much resorted to in the summer by the English; this being one of the coolest spots in Italy, and free from mosquitoes. They lie in a pleasant valley of the Apennines, on the little river Lima, and are divided into

three parts. The Ponte Seraglio and the Bagni alla Villa are close to the river, about a mile distant from each other, and are connected by a good carriage road. The Bagni Caldi are situate on the hill overlooking the Ponte Seraglio, and this is the best situation for invalids, being cooler than the valley, where also considerable humidity often prevails at night. The springs rise from the hill, but beyond their high temperature do not possess any active medicinal properties. A course of the baths may be recommended in rheumatic affections, and some other disordered states of the health; but the place is principally frequented on account of its being a cool and agreeable summer retreat. The environs abound in delightful rides and walks, sheltered by fine chesnut trees, where exercise may be taken at any time of the day. The season lasts from the middle of May till the end of August, at which period the weather is generally fine and settled.

The district of Lucca is very fertile, producing abundance of corn and oil. It is pleasing to hear the peasantry in autumn

“Singing some national song by the way-side,”

while employed in the olive plantations. The people are for the most part prosperous and cheerful.

This territory has lately been added to the Grand Duchy of Tuscany.

CHAPTER VI.

PISA AND ITS CLIMATE—LEGHORN—FLORENCE—CHARITABLE SOCIETIES
ENVIRONS—CLIMATE—ROAD TO ROME.

PISA is fourteen miles distant from Lucca, with which it is connected by a railroad extending to Florence on the one side and to Leghorn on the other. The plain in which the town stands is continued on the one side to the sea, five miles westward, and on the other to Leghorn, which lies fourteen miles to the south. Pisa is in some measure sheltered on the north and north-east by a range of high hills, rising at a little distance from it. The Arno flows through the town, with a semicircular bend, dividing it into two unequal parts. The quays are handsome, the streets wide, clean, and, like those of most towns in Tuscany, are paved with flag stones. The population, which amounted in former times, when Pisa was the capital of an independent state, to 150,000, does not now exceed 20,000, which imparts to it a melancholy and deserted aspect. Pisa is the seat of an university; the number of students who matriculate amounting to about five hundred annually. The most interesting objects, viz., the leaning tower, the

cathedral, the baptistery, and Campo Santo, lie close together in the same square. The cathedral is a large edifice of black and white marble, and is one of the handsomest churches in Italy. The fine gothic aisles and the richness of its interior will scarcely disappoint the traveller's expectations. The bas reliefs on the bronze doors are admirably executed, and in very good preservation. The Campo Santo is a quadrangular space, enclosed between lofty and elegant arcades; part of the earth is said to have been brought from Jerusalem, whence the name of this cemetery. Beneath the arches are tombs, finely sculptured bassi relievi, ancient sarcophagi, and other curiosities. The walls are painted over with frescoes *à la Dante*, some of which are in a good state of preservation. The Campo Santo produces a rich effect when seen by moonlight.

The leaning tower is an elegant circular structure, eight stories high, supported by numerous marble pillars, between which a winding staircase ascends to the top, whence may be obtained a good view of the town, and of the surrounding country as far as the sea. The tower is used as a belfry, and declines about thirteen feet from the perpendicular. There is little doubt that the declination depends upon the soil having given way after the foundation was laid.

The mineral springs of St. Giuliano, termed also the baths of Pisa, are not far from the town; they contain principally muriate and carbonate of

soda (twenty-four grains to the pint), and have a temperature of 27 to 31 degrees, Reaumur ; but, as they possess no particular advantages to induce English invalids to give them a preference over others which are more pleasantly situate, I need not enter into a description of them.

Pisa enjoys, next to Rome, the mildest and most equable winter climate in Italy. The air is less dry and sharp than that of Nice, but less soft than that of Rome. It is not so liable to great and sudden variations of temperature as Florence and Naples. Cold winds are, however, frequently severely felt, particularly in the earlier part of the spring. Sir J. Clark says that the quantity of rain which falls during the year at Pisa is nearly as great as in Cornwall. It must, however, be borne in mind, that as the rain falls in large quantities at a time, the weather is less variable, and long periods of fine weather intervene. The heat of the sun is at times very great in winter and spring, causing a difference of temperature of several degrees between the Lung' Arno and other parts of the town less sheltered from cold. The climate agrees well with the majority of consumptive patients. Persons pre-disposed to phthisis, and those suffering from laryngeal and bronchial affections, which simulate that disease, especially if young, generally derive permanent benefit from wintering at Pisa, two or three successive years if necessary; gouty and paralytic patients would likewise frequently

derive much benefit from the climate. Pisa is, however, a dull residence, from its possessing none of the resources of a capital, its comparatively depopulated appearance, and also from the number of invalids there congregated. For those who require more amusement, and are able without danger to partake of it, Rome is preferable. Many, however, find Pisa agree better with them than the more relaxing climate of Rome. It suits well some asthmatic invalids, and others whose general health is deranged, without the existence of any evident local disease, as is not unfrequently the case with those who have resided in unhealthy climates. The houses on the sunny side of the river are the most eligible for invalids.

The large bustling sea-port of Leghorn presents a forcible contrast with the tranquillity of Pisa. It possesses a spacious square, and several wide streets, some of them being intersected by canals, as at Venice. There is a small English population, chiefly consisting of the families of merchants; few visitors remain long at Leghorn, except in September and October, during which months many repair thither from Florence or the baths of Lucca for sea bathing. The town itself is exceedingly hot in the summer, and, from the sea-water marshes in its neighbourhood, is a good deal infested with mosquitoes. Travellers may proceed from Leghorn or Pisa to Rome (without going to Florence) by Poggibonsi, which is a few



[illegible]



M. Corn. Litho. 13. Imageside

PLACE OF THE GRAND DUKE OF FLORENCE.

posts shorter. Steamers leave every second day for Civita Vecchia (a voyage of fourteen hours), Naples (thirty hours), Genoa (ten hours), and for Marseilles direct (about thirty hours). The new iron steamers, Capri and Vesuvio, perform the *trajets* much quicker. I lately went from Leghorn by the former of these boats to Genoa in seven hours (which by land requires twenty-eight), and from Genoa to Marseilles in fifteen, other boats requiring from twenty to twenty-four hours.

Leaving Leghorn or Pisa for Florence, you traverse the richest part of Tuscany. Corn, grapes, and olives, are seen growing in the same field; the vines being gracefully festooned from tree to tree, produce a pleasing effect. The soil yields two and sometimes three crops in the year. The peasantry appear to be cheerful and contented; many of the women in the villages are engaged in the manufacture of the straw hats exported from Leghorn: though not remarkable for beauty, they are mostly good-looking, and their style of dress is not unlike that of the English peasantry.

Florence lies forty-five miles distant from Pisa, at the north-eastern extremity of the Val d'Arno, an extensive plain enclosed between the Apennines. It is a cheerful-looking city, encircled by a high wall, and contains upwards of 80,000 inhabitants. The houses are lofty. Several of the streets are narrow, but the principal ones are wide, clean, and paved with flag-stones.

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Though adding greatly to the appearance of a town, the width of the streets in warm climates is no recommendation, and they are generally built narrow in order to afford shelter from the sun's rays. The massive style of the architecture of most of the palaces which were built during the intestine wars, when "each house was a fortalice," gives to the principal streets a grand and imposing appearance. The Arno flows through the city, and is crossed by four bridges. That of Santa Trinita is regarded as a model of lightness and architectural beauty. A suspension bridge has likewise been erected by a company of Frenchmen within the last few years. Spacious and handsome quays adorn both sides of the river, which are termed, as at Pisa, the Lung' Arno. The city has of late been lighted with gas, which is an immense improvement upon the lamps formerly slung by ropes across the streets.

Florence possesses several fine squares—the Piazza del Granduca, with the imposing mass and the characteristic tower of the Palazzo Vecchio; the elegant structure termed the Loggia dei Lanzi, embellished with statues (among which the Perseus of Cellini will be particularly remarked); the fountain and colossal Neptune, together with the equestrian statue of the "father of his country," Cosmo, present as an *ensemble* a novel and striking aspect. The square of the Duomo, or cathedral, is connected with that of the Granduca by a handsome new street, which

is constantly thronged. The cathedral is, after St. Peter's, the largest church in Italy; its *facade*, like that of most of the Florentine churches, is unfinished, and is disfigured with numerous holes, which served to fix the scaffolding at the time of its erection. The interior is extremely plain, and rather sombre. Close to the church stands the beautiful Campanile or belfry, built, like it, of black and white marble. Its summit is the best point for viewing the town, the course of the Arno through the plain, and the Apennine range,

“Monti superbi la cui fronte Alpina
Fa di se contra i venti argine e sponde,
Valli beate per cui d'onda in onda
L'Arno con passo signoril cammina.”

In the same square is the baptistery: the finely executed bassi-relievi on its bronze doors are much admired. The most interesting, however, of the Florentine churches is the Santa Croce, which, though outwardly a plain-looking brick edifice, is, internally, of the finest style of Gothic architecture, and is well calculated to favour religious contemplation. The beautiful stained glass windows add greatly to the effect of the whole. In the side aisles are the tombs of some of the most celebrated men to whom Florence has given birth:—

“Here repose
Angelo's, Alfieri's bones, and his
The starry Galileo with his woes,
Here Machiavelli's earth returned to whence it rose.”

A handsome monument to the memory of Dante was a few years ago added to the number. The adjoining cloisters is the burial-place of several Florentine families. Of the other churches, Santa Annunciata, with its cloisters, the Santa Maria Novella, in the square of that name, and the San Spirito, where the music is very fine, are the best worth visiting. The Capella dei Medici, containing the tombs of the dukes of Tuscany, is the richest of the kind in Europe. It is of an octagonal form, and completely lined with variegated marbles inlaid with precious stones; but it is still unfinished, and many years must elapse before its completion.

The Corsini Palace, the *facade* of which occupies a considerable space on the Lung'Arno, is of a light and modern style of architecture, forming a strong contrast with some of the other Tuscan palaces. It contains a choice collection of pictures, among which will be particularly remarked four magnificent water pieces, with shipping, by Salvator Rosa; two battles by the same great painter; the head of an old man, by Tintoretto; a small Teniers; the Judith and Holofernes of Allori; the Poesia, and other pictures, by Carlo Dolce; and Guido's Lucretia.

The Florentine gallery contains separate rooms for the productions of the Tuscan, German, Flemish, and French schools, in which are several superior pictures, though none of them, except the head of Medusa, by Leonardo da

Vinci, are particularly striking, perhaps on account of the absorbing interest excited by the Tribune, which contains several of the choicest specimens of painting and sculpture in the world. The Venus first rivets the attention, and the Faun, Arrotino, and Apollino subsequently come in for their share. Of the pictures, Titian's Venuses, St. John, and Pope Leo the Tenth, by Raphael, and Herodias with the Head of John the Baptist, will be more especially remarked, even among so many *chefs d'œuvre*. The hall of Baroccio, so termed from the large picture of the Madonna del Popolo by this painter, contains, among other fine pictures, the Madonna Adolorata of Sasso Ferrata; Philip of Spain on horseback, by Velasquez; St. Clovis, a large picture, by Carlo Dolce. In this room may also be admired some of the finest specimens of the pietra dura manufacture, for which Florence is celebrated.

The cabinet of gems is, after that of Dresden, the richest in Europe. That of the bronzes is likewise highly interesting. The gallery does not possess many good statues, except those in the hall of Niobe, some of the busts of the Roman emperors, and the wild boar in the vestibule.

The Palazzo Pitti, a heavy sombre-looking building externally, is the residence of the Grand Duke, who liberally allows visitors to see daily his rich collection, which contains but few ordinary pictures; some of the most striking are

two large landscapes by Salvator Rosa, and two by Rubens ; Titian's Mistress ; the Madonna and Infant, by Murillo—one of his best pictures ; another of the same subject, but inferior to the former ; a head of Rembrandt, the Madonna della Seggiola, Julius the Second, Leo the Tenth, and a Magdalen, by Raphael ; the Conspiracy of Catiline, by Salvator Rosa ; the Fates, by Michael Angelo ; St. Peter, by Carlo Dolce ; St. Sebastian, by Titian ; and Cleopatra, by Guido. Here may likewise be seen the Venus of Canova, and several curiosities.

The museum of natural history is one of the best in Europe, and contains a large collection of anatomical wax models, coloured according to nature, exhibiting all the parts of the body, both conjointly and in detail, of the natural size ; a separate room being allotted to each division of anatomy, as osteology, myology, &c., and one to the progressive development of the embryo. The models are sufficiently correct for general purposes. The three celebrated wax representations of the plague, in small glass cases, are to be seen in an adjoining room.

Florence possesses four or five theatres. The opera, or Pergola, is a long ugly-looking building, the interior of which is decorated with taste and neatness. The orchestra is excellent, as in most Italian towns, but the singers are not of the first celebrity. First-rate operatic singing is not frequently heard in Italy, where the scale of

remuneration is much lower than in London or Paris ; and it is only *en passant* that a singer of great celebrity will vouchsafe to sing at any other town than Milan or Naples.

There are at Florence several societies for the encouragement of the arts, literature, and for charitable purposes, as the *Accademia de' bell' Arti, della Crusca*, the *Archæological Academy*, the *Magliabechian Library*, &c. The *Società della Misericordia* was instituted in the beginning of the fifteenth century, at the time of the great plague: the number of its members is seventy, two-thirds being high ecclesiastics and nobles, one-third consisting of the manufacturing and trading classes. Its object is to render assistance to the sick poor, for whom the members perform many kind offices, and supply them with the necessaries of which they may stand in need. The society also undertakes the burial of poor persons, and in cases of accident sends to the spot where assistance is required, to convey the person to the hospital, or to his own residence. The brethren meet in the building in the *Piazza del Duomo*, where their affairs are conducted by a committee, of which one or more members are always in attendance, to indicate to the assistants on duty the place where their services are required. The sick are carried in covered litters on the shoulders of the *giornanti* or assistants, who maintain a profound silence, and are clothed from head to foot in a black domino, in order to

conceal the persons of those thus engaged. Ten, twelve, and often more assistants accompany each litter, and relieve each other in supporting the burden. There is a branch of this establishment at Pisa.

Another praiseworthy institution is that of the Buonuomini, of which Forsyth gives the following account, but which is not now in a flourishing condition:—"A society of twenty gentlemen, called the Buonuomini di San Martino, has been for four hundred years collecting and distributing alms among the poor, who are ashamed to beg. The rank of these philanthropists, and the objects of relief, induce the rich to contribute, and sometimes to bequeath, considerable supplies. All bequests are turned into cash, and the receipts of every year are distributed within the year to hundreds who are starving under a genteel appearance; decayed gentlemen, whose rank deters others from offering relief; ladies who live in garrets, are ashamed of their poverty, and steal down to mass before daylight; industrious women, whom the failure of the silk manufactures leaves without resource; such are the objects to whom the Buonuomini go privately every week to visit and relieve. They are a kind of benevolent spies upon the domestic miseries of Florence, and accustomed to search out the retreats of suffering delicacy."

The upper class of Florentines are affable, fond of gaiety, not given to intellectual exertion, and

do not associate much with the resident English. Their morality appears to have improved of late years ; at least, open *cicisbeism* is quite out of date. The lower classes are generally cheerful, industrious, and tolerably satisfied with their political condition, though their promises are not always to be depended upon. Strangers likewise complain that the tradespeople are tricky and sharp in their dealings. The government is no longer despotic, and prosperity and content appear to prevail throughout the duchy. Open robbery or murder is rare, and the punishment of death is very seldom had recourse to. The Duke is an amiable and intelligent man, and is generally popular among his subjects ; his highness walks almost daily with some of his family on the public promenade at the Cascina, one of his farms, surrounded with pleasure-grounds, situate on the Arno, about a mile from the town, and the favourite resort of the inhabitants.*

Florence presents more resources of amusement, and more advantages for the permanent residence of persons in health, than any other city in Italy ; though at the present time it is much less agreeable in point of society than some years ago, when enlivened by the hospitalities and well-conducted amateur theatrical entertain-

* Tuscany, with the exception of Leghorn, has hitherto been comparatively free from the revolutionary movements which have agitated Europe, owing principally to the liberal policy of the Duke, and the desire which he has always manifested to improve the condition of his subjects.

ments of Lords B. and N., Princes Borghese, Demidoff, &c. Balls and *reunions* frequently take place at the Pitti Palace, and at the Casino, to which those who have been presented to the Duke receive invitations. There is also one of the best circulating libraries and reading rooms on the continent, where several of the principal London papers are received. Apartments and living are not so expensive as at Rome or Naples; several of the villas in the environs are let to strangers, and are preferable for a permanent residence, on account of the extreme heat within the city in the summer months. Besides the Cascina, there are numerous agreeable walks and drives round the walls and in the neighbourhood. The Boboli gardens, behind the Pitti Palace, are likewise open to the public on stated days. The views from the highest part of the gardens, as also from the *Poggio Imperiale*—a villa of the Duke's outside the Porta Romana—are highly interesting, but the point whence the best view of Florence may be obtained is from the Bello Sguardo, a villa belonging to the Albizzi family, formerly the abode of Galileo, and situate on a hill opposite to Fiesole, which, placed between two of the Apennines, forms a striking feature in the scene. From the roof, the whole of the city is seen, with the Arno pursuing its course through the plain, which, with the surrounding hills, is thickly dotted with towns, villages, and villas, whose whiteness forms a pleasing

contrast with the verdure of the ground, the more dusky hue of the olive trees, and the clear blue of the sky.

An interesting excursion may be made to Fiesole, nearly four miles from Florence, which also commands extensive views of the Val d'Arno, and of the Apennines; and likewise to the monasteries of Vallombrosa and Camaldoli, the former of which was praised by Ariosto as being, in his time,

“Ricca e bella, ne men religiosa
E cortese a chiunque vi venia.”

It lies about fourteen miles distant, in a wild and secluded part of the Apennines, and still preserves its reputation for hospitality.*

There are at Florence two large hospitals and a foundling hospital, in which between two and three thousand infants are received annually. The manner in which infants throughout Italy

* Whatever may be the merits or demerits of these monastic establishments, there is, it must be confessed, something very striking in their duration. Kingdoms and empires rise and fall around them, governments change, dynasties flourish and fade, manners and dress undergo continual alterations, and languages themselves die away and give place to new modes of speech. Enter the gates of Camaldoli or La Verna, the torrent of time stands still—you are carried back to the sixth or the tenth century. You see the manners and habits, and hear the language of those distant periods—you converse with another race of beings, unalterable in themselves, though placed among mortals, as if appointed to observe and record the vicissitudes from which they are exempt.”—*Eustace*.

“From their retreats, calmly contemplating
The changes of the earth, themselves unchanged.”—*Rogers*.

are swaddled up in cloths—somewhat after the fashion of an Egyptian mummy, the head only being left to move freely—is productive of distortion of the limbs and other bad consequences.

The hospitals here, as in many other parts of the continent, are superintended by government, and patients are admitted on application, without any other recommendation than that of their requiring medical assistance. Among the town practitioners, the abstraction of small quantities of blood is very common, which has frequently the effect of debilitating the patients, without effectually checking the progress of inflammatory attacks.

Dr. Harding resides at Florence, as also one or two other English practitioners.

The diseases which prevail most in Florence are pleurisy, bronchial affections, and acute inflammation of the lungs, which carries off annually a great number of the poorer people, and, from not being treated at the beginning with sufficient energy, frequently lays the foundation of consumption; rheumatism, gastric irritation, and diseases of the eyes are also extremely prevalent.

In the summer months the heat is extremely oppressive in Florence; the glare from the whiteness of the houses and flag-pavement is exceedingly trying to the eyes; and, combined with the cold winds in spring, is doubtless the principal cause of the great prevalence of diseases of these

organs. In winter the weather is much colder than at Rome or Pisa; the transitions of temperature are great and sudden, and rain frequently falls in torrents.

According to the statements of Mondat, the following is the average proportion of rainy to fine days, from observations made during seven years :—

Fine days in the year	160
Rainy days	110
Variable	95
	<hr/>
	365

From eighteen to twenty inches is the average quantity of rain which falls in a year.*

The tramontane (which is analogous to the *vent de bise* of Provence) sweeping over the Apennines is sharp and piercing, while at the same time the heat of the sun is often inconveniently felt in some parts of the city. Thus, in less than a minute, the change from summer's heat to winter's cold may be experienced, rendering the inhabitants more susceptible to inflammatory attacks on the lungs and air-passages than those living in a climate uniformly cold. The majority of Italians guard against these transitions of temperature by the constant practice of wearing large cloaks, without which they seldom stir out during five months of the year; foreigners, who are less cautious in this

* Topographie Médicale de Florence.

respect, frequently experience the bad effects of their negligence.

From the end of November to the middle of March, the climate of Florence is less adapted than any other in Italy to persons labouring under pulmonary, bronchial, or rheumatic complaints. It generally agrees with dyspeptic and nervous patients who seek mental recreation; and I have known it suit some patients with nervous asthma better than any other Italian town. Such invalids should reside in that part of the city north of the Arno. The best situations are the Lung'Arno, the Piazzas Santa Trinita, Santa Maria Novella, and the adjacent streets. The Via d' Servi, and others in the neighbourhood of the cathedral, have some good houses; but this situation is colder. The best street on the southern side of the river is the Via Maggio, leading to the Porta Romana.

The weather in October and November is usually fine and warm. Invalids, on their way to winter at Rome, will frequently benefit more by remaining these months at Florence, than by proceeding at once to Rome. They should not return to Florence before April, at which period the weather is in general delightful.

The distance from Florence to Rome is about two hundred and twenty miles, which is traversed by the courier in thirty-six hours, but requires five days *en voiturier*. The country is pretty as far as Sienna, which, from its elevated position, is

one of the coolest summer residences in Italy, and, like the baths of Lucca, it is free from mosquitoes, on which accounts many persons select it for their summer quarters. The town is well-built, and contains about 20,000 inhabitants; the society is said to be good, and the Italian language to be spoken in all its purity. Living is also very cheap at Sienna. The cathedral, built of white and black marble, is the only object calculated to arrest the attention of the passing traveller.

From Sienna the road is, for the most part, hilly, and has rather a *triste* appearance, especially about Radicofani, a wretched-looking town, perched on the summit of a bleak mountain, and the frontier of Tuscany. The hotel and custom-house are on the road below the town, and the accommodation is better than might be expected from the appearance of the place. Descending the mountain, you enter the papal dominions, and pass through Aquapendente, a dirty and comfortless town in a beautiful situation. You afterwards drive along the shore of the lake of Bolsena, where the scenery is highly interesting; the country, however, is extremely unhealthy as far as Viterbo, a large walled town, abounding with monks and ecclesiastical seminaries, and situate in a dreary tract of country, which the malaria seems to have depopulated:—

“ All sad, all silent ! o’er the ear
No sound of cheerful toil is swelling ;

Earth has no quickening spirit here,
Nature no charm, and man no dwelling."

From the hills, beyond Baccano, the traveller discerns the

"Vast and wondrous dome,
To which Diana's marvel was a cell,"

and, after crossing the Tiber at the Ponte Molle, enters the city by the Via Flaminia.

Note.—In a small work lately published by Galignani, "Brief Advice to Travellers in Italy," the authoress says, "Fair Florence stands first of the above-mentioned cities (Rome and Pisa), for badness of climate and company. Naples comes next, both being of a mixed kind. Florence is cold in winter, hot in summer, and damp at all times. It is the winter that is dangerous to health, being foggy, windy, and rainy, and exceedingly apt to attack the throat: the teeth and eyes have their share of the compliment. The Lung' Arno is the most tempting situation, but dampest in winter and hottest in summer." She prefers the town to the villas for the summer, in which I differ from her, the villas raised above the level of the valley being more exposed to the air, and less affected by the reflection of the sun's rays from the surrounding hills.—As regards Nice, I need not dwell upon what Mrs. Carleton says of its peculiarities during the seasons when it is deserted by visitors; but I do not agree with her statement as to the dampness of the Croix de Marbre; and some of the residents with whom I have spoken deny that any of the houses are built upon piles. Winter visitors, however, need not be under apprehension of the effects of damp and malaria from a residence at any part of Nice, dryness being the prevailing characteristic of the climate at this season.

CHAPTER VII.

ROME — CHURCHES AND PICTURE GALLERIES — ENVIRONS — ROMAN
CHARACTERISTICS — THE CLERGY — PROSELYTISM — CHURCH
CEREMONIES—MALARIA—CLIMATE AND COMPLAINTS IN
WHICH IT IS BENEFICIAL.

THE symmetrical aspect of the Piazza del Popolo, its fine obelisk, fountains, and statues, with a church and handsome buildings on either side, together with the long vista of the Corso, rarely fail to impress strangers on first entering Rome with an idea of its magnificence. The relics of antiquity constantly met with, the obelisks and fountains with which it is embellished, and the meeting almost at every step members of the different religious orders, give Rome an appearance distinct from that of any other city ; yet, as an *ensemble*, it cannot be termed handsome. It possesses only one good bridge, but few squares, and the streets are narrow (though now much, better paved and cleaner than formerly), so that its palaces cannot be seen to advantage.

There are few cities where it would be so difficult to lose one's way : three of the principal streets, meeting in the Piazza del Popolo, front the visitor on entering. The central one, or Corso,

extends for more than a mile in a straight line, and leads to the Capitol and the Forum. The Via Babuino on the left, and the Via di Ripetti on the right, gradually diverging from the line of the Corso, lead, the one to the Piazza di Spagna, the other to the river. From the Piazza di Spagna a series of streets is continued, almost in a straight line, cutting across the centre of the Corso to the Ponte St. Angelo, and on the opposite side of which stands the imposing mass, Hadrian's tomb, the

" Superba mola
Che fe' Adriano all' onda Tiberina,"

(now a fortress and state prison, surmounted by the statue of the Archangel Michael), whence a dirty street leads to St. Peter's. The above-named are the most frequented streets, and the majority of strangers reside in the neighbourhood of the Piazza di Spagna.

The Piazza di S. Pietro is unique, and defies criticism. The massive and lofty pillars of its colonnades, ranged in a semicircle on either side, enclosing a vast area, in the centre of which are two splendid *jets d'eau*, and the finest obelisk in Europe, together with the *facade* and dome of St. Peter's, form a most striking and magnificent *coup d'œil*. The interior of the church is surpassingly grand ; its size and the harmony of its proportions can only be properly appreciated after the several parts have been repeatedly viewed in detail—

"Vastness which grows, but grows to harmonize,
All masical in its immensities :
Rich marbles—richer paintings—shrines where flame
The lamps of gold ; and haughty dome that vies
In air with earth's chief structures, though their frame
Sits on the firm-set ground."

There are, however, no paintings, though the magnificent mosaics might easily be mistaken for paintings without a close inspection. The most remarkable are the Raising St. Petronilla, the Communion of St. Jerome, and the Transfiguration.

The Pantheon, now transformed into a church, is a noble remnant of antiquity, and in admirable preservation. It is of a circular form, having an aperture twenty-six feet in diameter in the roof. The interior is adorned with several elegant fluted marble pillars, between which altars are placed. The portico consists of sixteen circular granite pillars, each of which is a single piece, thirty-nine feet high, and fourteen feet in circumference, with an entablature and pediment of proportionate magnitude.

Among the other principal churches, which the stranger will be gratified by repeatedly visiting, may be mentioned the St. Giovanni in Laterano, whence there is a good view of part of the Campagna, with the aqueducts and Tivoli, and in the vaults of which is a *chef d'œuvre* of Bernini—the group of the Saviour dead, and supported on the lap of his mother; the Santa Maria Maggiore; the Santa Maria degli Angeli, formerly part of

Dioclesian's baths, several of the colossal granite pillars of which still support the roof; the Jesuit's church, after St. Peter's the richest in Rome; the San Stephano Rotondo, formerly a temple of a circular form, and the S. Pietro in Vincoli, in which will be admired the figure of Moses seated, which is considered the *chef d'œuvre* of Michael Angelo:—

“ Quel ch'a par sculpe e colora
Michel piu che mortale, Angel divino.”

The church of St. Paul, two miles from Rome, will, when completed, surpass all the others, St. Peter's excepted, in size and richness of decoration.

The Doria is perhaps the handsomest of the Roman palaces, and contains one of the richest galleries of pictures, among which the attention will be more especially attracted to the two celebrated Claudes, viz., the Molino, and the Sacrifice to Apollo; the Madonna, by Sasso-Ferrata, the Flight into Egypt, the Assumption, and the Visitation, by Annibale Caracci; a Magdalen, by Murillo; Belisarius, by Salvator Rosa; and Queen Joan of Naples, by Leonardo da Vinci. In the Borghese palace will be particularly remarked Diana and her Nymphs, by Domenichino; the Cumean Sibyl, by the same painter; the Deposition from the Cross, by Raphael; the same subject, by Garofolo; four pictures of the Seasons, by Albano; and Cesar Borgia, by Raphael.

The Barbarini contains three of the best pictures in Rome, viz., the Cenci, by Guido ; the Fornarina, by Raphael ; and a Female Slave, by Titian. Joseph and Potiphar's Wife is also a fine picture.

In the Sciarra Palace will be especially noticed two small landscapes by Claude ; Moses, by Guido ; Modesty and Vanity, by Leonardo da Vinci ; Gamesters, by Caravaggio ; the Magdalen, *delle Radici*, by Guido ; Landscapes, by Paul Brill ; Beheading of St. John, by Valentin ; Portrait of a Youth, by Raphael ; Shepherds Regarding a Skull on a Tomb, by Schidone. In the Quirinal are Saul and David, by Guercino ; the Ascension, by Vandyck ; and the Annunciation, by Guido, which forms the altar-piece of the Pope's private chapel. The Rospigliosi also contains a few good pictures, but the principal attraction to this palace is the fine fresco painting on the ceiling of one of the apartments, Aurora, by Guido:—

“ O mark again the coursers of the sun,
At Guido's call their round of glory run ;
Again the rosy hours resume their flight,
Obscured and lost in floods of golden light.”—*Rogers*.

But perhaps the most interesting as well as the largest of all the private collections, since the dispersion of Cardinal Fesch's, is that of the Corsini Palace. The following are a few of the best pictures:—several representations of the Madonna, by Carlo Maratta ; three heads of the

Saviour, by Carlo Dolce, Guido, and Guercino ; the latter is the most esteemed ; Madonna and Infant, by Caravaggio ; Herodias with the Head of St. John, by Guido ; a large Murillo, the Madonna and Child, one of the finest productions of this painter ; a splendid Landscape, by Poussin ; Sleeping Cupid, by Guido ; an Interior, with Cattle, by Teniers ; Prometheus Bound, by Salvator Rosa ; a Water-piece, by the same ; and a similar subject by Vernet.

In the Palazzo Spada is shown the statue of Pompey, said to be the same at the base of which "great Cæsar fell." Here likewise are, a fine picture, representing the Death of Dido, by Guercino ; Paul III., by Titian ; Cardinal Spada, by Guido ; and a head of Seneca, by Salvator Rosa. In the court-yard is an admirable perspective, from which the plan of the great staircase of the Vatican is said to have been taken.

The Palazzo Colonna contains the handsomest saloon in Rome, and some good pictures, as do also several other palaces mentioned in the guide-books, where will be found detailed accounts of the different galleries, of which I have only mentioned a few of the most striking pieces. In the garden of the Colonna lies an immense fragment of an entablature, supposed to have been part of the Temple of the Sun. Here also are some of the ruins of the baths of Constantine.

The pictures in the Vatican are few in number, but all choice ones. Among them may be par-

ticularized the large picture of the Transfiguration, by Raphael, considered his *chef d'œuvre*; the Communion of St. Jerome, by Domenichino, second only to the former, and placed opposite to it. These pictures are seen to great advantage from the outer rooms, by looking through the door-way, the light being thus more strongly concentrated upon them. In the same room is the Madonna di Foligno. In the adjoining rooms, the Martyrdom of St. Peter, by Guido; St. Sebastian, by Titian; the Saviour with the Globe at his Feet, by Correggio; and Cows, by Paul Potter.

The walls and ceiling of the Stanze di Raffaele are covered with the celebrated fresco paintings of this great master, the description of which, with those of the Loggia, or open galleries, would fill a volume. Among the statues, the first objects naturally sought for are the Apollo Belvedere and the Laocoon, which one can scarcely tire of beholding; the latter especially has a fine appearance by torchlight. They are judiciously placed by themselves in separate cabinets, as are also the Antinous and Meleager. The celebrated Torso, immediately at the top of the staircase, produces a fine effect, seen through the long vista of the gallery. In the Hall of the Nile, the statues of Minerva, Esculapius, Demosthenes, and the large group of the Nile, will be more particularly remarked. Some of the figures and colossal masks in this hall are also

seen to the greatest advantage by torchlight. In other parts of this immense edifice, which may be repeatedly visited with interest, are the museums of the Egyptian and Etruscan antiquities; the richly decorated hall of the library, the Sistine Chapel, containing the celebrated fresco of the Last Judgment, by Michael Angelo, the Mosaic Manufactory, &c., which have been repeatedly described by travellers, but of which no description can convey an accurate idea:—

“I peregrini marmi in varie forme sculti
Pitture e getti, e tant' altro lavoro,
Mostran che non bastaro a tante mole,
Di venti re insieme le ricchezze sole.”

Ariosto.

“Go, and insatiate o'er and o'er
Th' exhaustless Vatican explore;
Thro' labyrinthine courts pursue,
Thro' galleries lengthening on the view,
Hall after hall, dome after dome,
Treasures of Egypt, Greece, and Rome,
Where all above, around, beneath,
The marble generations breathe,
And plundered tombs their wrecks supply,
To line the walls with imag'ry;
And golden roofs their radiance throw
O'er rich mosaics spread below,
And fountains in perpetual play
Temper with sparkling show'rs the day.”

Sotheby.

In the rich collection of the Capitol will be more particularly noticed, on the ground-floor, the bas reliefs on the sarcophagus of Severus;

in the centre of the first room, on ascending, the celebrated gladiator—

“ Whose manly brow
Consents to death, but conquers agony ; ”

with several other fine statues. Among those in the adjoining apartments, the most remarkable are the Faun, in rosso-antico ; the Centaurs, in nero-antico ; Caius Marius ; a Prefica, or hired mourner ; the colossal Hercules, in bronze gilt ; and the busts of the emperors, senators, and philosophers of ancient Rome, especially those of Augustus, Caligula, Galba, Virgil, Socrates. The Venus of the Capitol is one of the finest and best preserved pieces of ancient sculpture, preferred by some to the Venus de Medicis. It is kept in a separate cabinet, and only opened on special application.

Among the best pictures in the collection of the Capitol may be enumerated, a Cumean Sibyl, by Domenichino (inferior to that in the Borghese) ; another Sibyl, by Guercino ; Romulus and Remus discovered with the Wolf, by Rubens ; Marriage of St. Catherine, by Correggio ; the Resurrection of St. Petronilla, an immense picture, by Guercino ; and the Europa, by Paul Veronese.

One of the best points for viewing Rome is from the tower of the Capitol, whence on the one side is seen the modern city, with St. Peter's, and on the other, lying immediately beneath, the ruins of ancient Rome—

"Partout confusement dans la poussière epars
Les thermes, les palais, les tombeaux des Césars,"

with the stupendous mass of the Coliseum pre-eminently conspicuous above the rest :—

"Around the wrecks of Rome
The Coliseum lifts its brow sublime ;
And, looking down on all that moves below,
O'er all the restless range,
Where war and violence have worked their change,
Tow'rs motionless, and wide around it throws
The shadow of its strength—its own sublime repose."*

Beyond the ruins lies the "weary waste" of the Campagna, intersected by the remains of aqueducts—

"Arches on arches, range by range, extending"

towards the Latian hills, on which are seen the towns of Frascati and Tivoli, the whole forming a prospect unequalled for variety and interest.

The other points whence the most advantageous views of the city and its environs are obtained are the dome of St. Peter's, or the Monte Mario, which, though less extensive, is perhaps the more interesting, as St. Peter's itself forms a prominent object in the view ; the roof of the Doria Pamphili Villa (the spacious grounds of which are one of the pleasantest walking places), and from the fountain Paolina, in the same direction, but within the walls. On the opposite side, a fine

* Sotheby's Italy.

view, particularly of the Campagna, its aqueducts and ruins, may be enjoyed by ascending to the roof of the Villa Patrizi, outside the Porta Pia, and likewise from that of the villa on the aqueduct to the left of St. Giovanni in Laterano. The Pincian hill, which is the fashionable afternoon promenade, and the only spot where, during the prevalence of the sirocco, a little fresh air can be breathed, is also one of the most favourable points for viewing Rome and St. Peter's, which, when seen at sunset, has a magnificent appearance. From this hill Claude Lorraine was in the habit of watching the sinking sun make his "golden set,"

"Not as in northern climes obscurely bright,
But one unclouded blaze of living light,"

and noting the varied tints produced in "the bright tract of his fiery car," which few besides himself have been able to represent with such fidelity, and without appearing to exaggerate.

Of the various villas near Rome, the Borghese and Albani require especial mention. The beautiful grounds of the former, close to the Porta del Popolo, shaded by the ilex and by lofty maritime pines, are the most usual resort of equestrians and pedestrians, who may there enjoy either society or seclusion. The house itself is almost uninhabitable, on account of the prevalence of the malaria in the summer and autumn. It contains, perhaps, the most magnificent private collection

of statues extant, which is especially remarkable for its symmetrical arrangement, there being corresponding objects on either side in each apartment. On entering the great hall, the attention will be particularly attracted to the alto-relievo in the centre, of Curtius on horse-back, throwing himself into the gulf; the colossal statues and busts on each side, and the old mosaic pavements. The Saloon of Hercules is likewise extremely interesting, being filled with the statues of the demi-god, and bas-reliefs illustrative of his history. But the principal saloon surpasses everything else in the richness of its treasures, and the symmetry with which they are disposed. The series of porphyry busts of the emperors, ranged along three sides of the apartment, add greatly to the effect. In the rooms on the first floor are the group Apollo and Daphne, by Bernini, and the Venus Vincitrice, of Canova, for which the Princess Pauline Borghese sat as a model.

The Villa Albani likewise contains a rich collection of statues, and is adorned with marbles, frescoes, and mosaics. The alto-relievo of Antinous, the Apollo and small Hercules, of Glycon, in bronze, will be particularly remarked.

No place offers more resource for amusement and mental recreation for the winter months than Rome, whether the visitor be interested in the innumerable works of art which fill its galleries and studii, or whether he prefer strolling among

the remnants of fallen grandeur. If fond of walking, whichever way he directs his steps some object of interest will be found; if of riding, few localities are better adapted to this exercise than the environs of the city. There is not, however, as much resource for those who delight in reading as at Florence, which is better supplied with books.

General society is upon an easy footing at Rome, and is very accessible to persons properly introduced, though the Romans do not receive English visitors at their own houses, unless specially known to them; they have, however, numerous *reunions* among themselves, to which those of the English who have introductions to them, particularly if they be Catholics, are invited.

The Romans are more sedate, reserved, and dignified in their demeanour than the rest of the Italians, and form a strong contrast in this respect with their neighbours, the Neapolitans. They cultivate the fine arts less than the Tuscans, and are but little addicted to literary, scientific, or intellectual pursuits; most of the upper classes being content with a monotonous daily round of existence, their drive along the Corso in the afternoon, and *reunion* in the evening, varied by a visit to the opera. In fact, they are habitually inclined to indolence, to which they are further predisposed by their climate, and having no stimulus or motive to exertion. As Eustace, who

was a Catholic clergyman, justly observed, "In a free country mental improvement brings with it its own reward, oftentimes rank and fortune. It is both necessary and fashionable, and cannot be dispensed with by any individual who means to attain or keep a place in society. In a despotic government these motives are wanting; the drudgery necessary for the acquisition of information is rewarded only by the consciousness of intellectual superiority, an advantage of too little weight in countries where mental attainments are too much undervalued to attract attention or excite envy. Hence, after having passed through the ordinary course of college education, or loitered away a few years with a private tutor, the noble youth of the continent, if not employed in the army, sink into domestic indolence, and fritter away life in the endless frivolities of a town society."*

The middle class likewise bear themselves more independently, and are less tricky than the people in some other parts of Italy. Many of the shopkeepers and tradespeople appear to care little about being employed, and will frequently not put themselves out of the way to serve a customer, or abate anything of the price they have first asked, even though it be much more

* These remarks are, however, more applicable to the Romans in the time of Gregory than since the accession of Pius, and the formation of a representative legislature, but may serve to show the state of matters before the present era. The recent political changes will, doubtless, greatly alter the Italian character.

than the article is worth. The majority of the lower orders and the peasantry are remarkable for their personal beauty, which, however, in females soon fades, and they are apt to become very stout after five or six-and-twenty. The Trasteverini, who regard themselves as the descendants of the ancient Romans, are a particularly fine-looking race, haughty, and somewhat sullen in their demeanour, intermarrying among themselves, associating little more than is necessary with others, and, though ignorant and superstitious, they are for the most part moral in their domestic relations. In fact, there is less evident immorality in Rome than perhaps any other city. Cicisbeism is abolished, ladies being seen as frequently escorted by their husbands as in France; and notwithstanding what has been said by some travellers, who, passing rapidly through the country, appear to have taken their ideas of the people from the writings of Forsyth, Lady Morgan, and other authors of a quarter of a century ago, nothing would now be seen in general society calculated to shock *les bienséances* any more than in the *salons* of Paris or London, for at the present day it may truly be said of the higher classes in most capitals, as far as the superficies is concerned, that

“Society is smoothed to that excess,
And manners differ hardly more than dress.”

Street murders and robberies are likewise

much more rare than formerly ; when attempts at assassination do occur, they are mostly confined to the inferior classes, and originate in private quarrels, or from jealousy.

As may be expected, the members of the different ecclesiastical bodies, from the prelate to the mendicant friar, form a large proportion of the population, and their appearance in the streets, or in the religious ceremonies, clad in the same costumes as were seen centuries ago, constitutes a feature peculiar to Rome. Many of the clergy are exceedingly well-informed, and several among them are persons of great learning and attainments. As a body they are zealous, and no doubt are chiefly instrumental in preventing the appearance of open immorality, so common in large cities, though on public occasions, and at the church ceremonies, there certainly seems to be frequently more straining after effect than a disposition to encourage religious contemplation or fervour of worship. Be this as it may, there is little doubt that a large proportion of the spectators, and the majority of foreigners, attend the splendid church ceremonies merely as a spectacle; nor is it easy for Protestants to reconcile them with their ideas of religion. Except upon these occasions, the churches are not very fully attended, the bulk of the congregations being usually composed of women and persons of the lower class.

The attempts on the part of the Catholic

priesthood to make converts to Catholicism, are said to have been very successful, both on the continent and in this country, especially among the more impressionable sex. A principal cause of this success is, doubtless, in many instances, not so much from a conviction of the superiority of the Catholic form of worship, as from the circumstance that their clergy mix more with the people, and are, at all times, accessible to persons who require that relief of spiritual consolation under the various trying circumstances of life, which members of the ecclesiastical profession are best calculated to impart. This is, doubtless, likewise a reason of the success of Dissenters in England.

Few pageants exceed in magnificence that of the Pope's being carried in state into St. Peter's on the occasions when he performs high mass, preceded by a long double file of cardinals and prelates, attended by the noble guards, and by the Swiss in their picturesque costume, with the people kneeling to receive his blessing as he passes. The benediction, from the balcony of the *facade*, of the people on Christmas and Easter days, has also a particularly fine effect, the number of persons assembled and kneeling in the spacious Place often amounting to upwards of 100,000.

Of the other sights at Easter, those best worth attending are the illumination of the *facade* and dome of the church, which is *unique* in its way,

the whole being lighted up in a few seconds ; and the *Girandola*, or display of fire-works from the Castle of St. Angelo. The rest are scarcely worth the trouble and crushing which must be undergone.

The Carnival at Rome is better than elsewhere, but, in the new order of things, will doubtless, together with the above-mentioned ceremonies, be in future superseded.

Literature and science are at a low ebb in the Roman states, being but little encouraged. Comparatively few books are published, as there is no security of copyright in Italy, and a valuable work might be printed in any of the other states, and sold at a low price, without the author's being able to obtain any compensation. As Rome has little commerce and no manufactures, except those of mosaics, cameos, and other objects of taste, a great portion of the inhabitants mainly depend upon the influx of strangers for the season, which is as universally calculated upon as at a watering-place. Without its climate, antiquities, and works of art, which are the chief inducements for strangers to select it as a temporary residence, Rome would soon lose a large portion of its population, as house-rent and taxes are high, compared with other parts of Italy, and the summer is unhealthy, from the prevalence of malaria.

The finances of the government are in a very depressed condition, and the people complain

that their elective form of government is worse than an absolute hereditary sovereignty, inasmuch as the chief of the state, being generally an old man before he is called to the throne, is chiefly occupied in enriching his relatives, and has no interest in the general welfare of the country. During the late Pope's reign the national debt is said to have been increased by fourteen millions of dollars.

The present Pope is a hale man of about fifty-six, with a countenance in which benevolence and firmness are combined. The impetus given by the measures which, shortly after his accession, he adopted, has doubtless tended to accelerate the course of the astounding events which have lately agitated Europe, and it remains to be seen how far they will be beneficial to the country, by developing its resources. Much has already been done; delegates from the provinces forming a deliberative assembly; many abuses of the ancient *regime* abolished; and beneficial alterations in all the departments of government effected. Railroads and the cultivation of the Campagna, with other improvements, are in contemplation, and there is little doubt that the administration will, by degrees, become less and less ecclesiastical. The chief power rests with the civic guard, whose costume, with the ancient Roman helmet and short sword, is neat and becoming. As another Pius is scarcely to be expected, he may most likely be considered as the last Pope who

will hold the temporal sceptre of the Roman state.*

Medicine and surgery are in a very backward condition in Rome, as compared with most parts of Europe. The hospitals are richly endowed, but, though somewhat improved of late, are still in a state of great neglect ; the largest of them, St. Spirito, for the reception of patients of the male sex, contains about 1,400 beds. The number occupied varies greatly, according to the season, being much smaller in winter and spring than in summer and autumn, when the intermittent and malaria fevers are prevalent. The hospital St. Giacomo, on the Corso, is appropriated to surgical diseases and operations, the mortality after which is great.

Inflammation of the lungs is prevalent in winter and spring, though less so than at Florence and Naples. Bronchial affections, rheumatism, and diseases of the eyes, are also less common. Gastric irritation and visceral *engorgement* are of frequent occurrence, especially in the warm months. Consumption is not frequent, unless when it ensues upon neglected inflamma-

* From the more rapid course of revolutionary movements of late, a republic would doubtless have been proclaimed at Rome but for the respect in which Pius is individually held. The city itself will doubtless suffer for some time from the comparative paucity of its accustomed winter visitors. The prediction of Fleming, in a pamphlet published in 1701, and now reprinted, "The Decline and Fall of the Papal Power in 1848," may be considered as verified, the sovereignty being now merely nominal.

tion. Sudden death, called by the Italians *accidente*, frequently occurs, to which the stillness of the air, the indolent mode of life, and the habit of eating suppers on returning from the theatre or from *soirées*, no doubt predispose. Nervous affections are also very general, especially the morbid sensibility of the olfactory nerves, with respect to flowers and perfumes, which sometimes exists in such a high degree as to occasion convulsive attacks. This peculiar antipathy to perfumes is likewise met with in some other Italian cities, and English residents, who have become acclimated, are also liable to be affected in a similar manner. Intermittent and other fevers are endemic in the summer and autumn, at which periods the hospitals are crowded with patients from the country, and, as bark is the principal remedy employed to combat the disease, the consumption of this medicine is enormous. The insalubrity of the seasons is in a direct ratio to the heat and to the quantity of rain that has fallen; but, since the improved drainage of the Pontine marshes, these fevers have diminished in frequency and severity. One of the most common exciting causes, according to Sir J. Clark, is exposure to currents of cold air, or chills in damp places, after the body has been heated by exercise; irregularity of diet, poorness of living, or, in fact, any circumstances which tend to depress the powers of the system may act as predisposing causes. Thus, strangers resorting

and the vicinity of the Fontana di Trevi are healthy, and so are all the streets leading from the port towards the Piazza di Spagna, but all the houses against the Trinita di Monti should be looked upon with a suspicious eye. The Pincian Hill and the Piazza Barberini are still more salubrious than the Piazza di Spagna, and not so dear. The Trinita di Monti is one of the most delightful situations in Rome. From thence the situation is healthy all the way to the Quattro Fontane."

In winter, however, there is little reason to apprehend the effects of malaria, and any part of the city in which visitors are accommodated is perfectly habitable; though circumstances may lead to a preference of one locality over another.

The climate of Rome is milder, and the winter shorter and less severe than in other parts of Italy. The air is soft, but at times oppressive, and is very apt to cause depression of spirits in healthy persons. Its mean winter temperature, according to Sir J. Clark, is ten degrees higher than London, seven higher than Pau, and one higher than Nice. In spring it is nine degrees above London, three above Pau, one above Nice, one colder than Naples, and four below Madeira. Sir James states also that, with respect to steadiness of temperature from day to day, Rome precedes Naples and Pau, but comes after Nice and Pisa; that a third more rain falls than at Nice, but it is considerably drier than at Pisa. A frequent cause, however, of dampness at Rome,

is the stagnation of the air, and the exhalation from the earth after sun-set, of which foreigners are sometimes very sensible. The difference in the temperature of the air is also very marked, within the short space of half-an-hour at this time of the day; consequently strangers, but especially invalids, should always be provided with an extra garment to put on when out of doors. From the tables appended to Sir J. Clark's work, it appears that more rain falls throughout the year in Rome than in London; the mean quantity being 31 inches in the former, and 24 in the latter; the number of days on which rain falls in London, on an average throughout the year, is 178, while at Rome it is only 117; but it must be borne in mind that small quantities at a time, or showers, are very common in England, while at Rome the rain more frequently falls violently, and at particular seasons, leaving a longer interval of fine weather. About the same quantity of rain falls at Florence as at Rome, though, from the comparative stillness of the Roman atmosphere, and from that of Florence being frequently agitated by winds, the climate of the latter city is not oppressive like that of Rome, which not unfrequently disposes to melancholy, and to nervous affections, after a prolonged residence, but more especially during the prevalence of the sirocco wind, which, however, agrees very well with the majority of the Romans, and with many invalids. The tramontana some-

times prevails during several days in succession, and affects persons prejudicially so much the more easily from the previous mildness and relaxing quality of the air. Many strangers who expose themselves to its influence without being well clothed, especially if driving against it in an open carriage, or on horse-back, experience the bad effect of their negligence: delicate invalids should, on these occasions, confine themselves to the house, or only go out in a close carriage. Both valetudinarians and people in health should likewise take proper precautions against the great and sudden transitions of temperature, which are invariably experienced in going from the open air, when the sun is shining, into the cold picture and statue galleries or churches. I may mention, as a proof of the great difference of temperature to which persons frequently subject themselves, that of two thermometers placed in a window at the same time, the one on the sunny side exhibited 91 degrees, Fahrenheit, while the mercury of that in the shade stood only at 45.

Dr. Johnson justly observed, in his work on "Change of Air," "The very circumstance which forms the charm, the attraction, the theme of praise in the Italian climate, is that which renders it dangerous, because deceitful, viz., the long intervals of fine weather between vicissitudes of great magnitude. This is the bane of Italy, whose brilliant suns and balmy zephyrs flatter only to betray. They first enervate the

constitution, and when the body is ripe for the impression of the tramontana, that ruthless blast descends from the mountains on its hapless victims."

We cannot, however, wonder that so many of our countrymen, who do not see the dark side of the question, should have allowed themselves to be captivated by the bright skies of Italy, and the delightful temperature of a large proportion of the winter days, when it may be truly said that

"Ein sanfter wind von blauen Himmel weht,"

and, as somebody has elsewhere said, one feels mere existence to be a pleasure, or, as the poet has expressed it—

"Simply to feel that we breathe, that we live,
Is worth the best joys that life elsewhere can give,"

on comparing them with the fogs, humidity, and variable weather of their native land; and there is no question that persons in health may, by taking due precautions against the transitions of temperature, derive all the advantage and gratification afforded by the climate during the winter months, without danger of their health being prejudicially affected; but that, on the other hand, a long residence in Italy (especially at Rome), or even returning thither during several successive winters, does, in many cases, materially impair the health—frequently without the cause being suspected—or, at all events, enervates the constitution, thus diminishing the vigour of the body and the energy of the mind.

The relaxation and oppression of spirits produced by the stillness of the atmosphere, especially during the prevalence of the sirocco, may generally be removed in some degree by a canter on horse-back; the person thus carried rapidly through the air, without active exertion, being in much the same condition as if he were himself stationary, and the air agitated by winds. Many people, after two or three months' residence at Rome, feel themselves relaxed and out of health; this indisposition may generally be removed by an excursion for a fortnight or three weeks to Naples, Florence, or even Albano.

On the whole, Rome may be considered as the best residence in Italy for patients labouring under consumption, though, in the advanced stages, little benefit can be expected; and since the climates of the continent have been better understood by the profession in England, the number of those who are sent out while labouring under irremediable disease is much less than formerly; and comparatively few invalids have latterly resorted to Rome, the great majority of the English being composed of families, and travellers for pleasure. In the tendency to consumption, and in the early stage of this disease, much advantage may, however, be frequently derived from wintering at Rome for two or three successive years; but persons similarly circumstanced should not, in general, remain throughout the summer in Italy. In some cases, Pisa agrees

better than Rome, in others Nice, especially when the complaint is of a scrofulous origin, and the patient is of a torpid or phlegmatic temperament, marked by a slow, languid circulation; whereas in the opposite condition, which is characterized by a florid complexion, accelerated circulation and respiration, Pisa or Rome would be preferable. In some bronchial and laryngeal diseases, which are not unfrequently mistaken for disease of the lungs, and which, in fact, frequently superinduce diseases of these organs, the climate of Rome will produce permanently beneficial effects, and will often contribute materially to their removal. Those cases marked by a tendency to inflammatory action, or accompanied with much local irritability, are in general the best adapted for Rome; while those more chronic forms, especially in old people, and attended with free expectoration of mucus, will often derive more benefit from Nice or Naples; though they would do well to remove from these localities in the spring. Many dyspeptic, rheumatic, and gouty invalids, especially if of an irritable habit, will likewise derive benefit from passing the winter at Rome, or between Florence, Rome, and Naples. Rome generally agrees well with elderly people, and many attain there a great age. It does not in general suit patients with neuralgic or nervous affections; neither would a prolonged residence be advisable for those liable to cerebral congestion.

It must be borne in mind that the active medication employed in England would not be well supported by those English who have long resided in Italy, but for those who have not been long enough to become acclimated I have not found it necessary to make any material alteration in the treatment of acute disease, or that such persons are much more susceptible to the action of remedies than they would be in England.

As regards a summer residence in the environs, Mrs. Carleton observes that Tivoli and Frascati are both damp, and speaks favourably of Albano, which, indeed, is the usual resort both of the Romans and those strangers who remain at this season of the year, being perfectly cool, and far more healthy than Naples and its environs. "The sea breeze begins here at ten in the morning, and renders the climate so temperate that our thermometer seldom exceeded 72 of Fahrenheit, in a room looking full south; yet this room looked down upon the Campagna, a nearly level surface, bathed in floods of golden light during three months in the year, passed without rain."

"Albano has some noble avenues, and a wood belonging to Prince Doria's Villa; from hence may be seen Rome, the sea, and the Apennines. Mount Lavinium, with its solitary tower, and Mount Savelli, feathered to the summit with trees and shrubs, add to the beauty of the prospect."

CHAPTER VIII.

NAPLES—ENVIRONS—NEAPOLITAN CHARACTER—CLIMATE—VIA LATINA
ABBAY OF MONTE CASINO—ROAD TO FLORENCE, BY SERNI—
MALTA—PALERMO.

THE most frequented road to Naples traverses the Campagna, intersected by long lines of aqueducts as far as Albano. The country between Albano and Aricia is picturesque, but beyond Vellettri the road descends to the Pontine marshes, through which it is carried in a straight line for twenty-five miles, a great part of the way along the bank of the canal, into which the water from the marshes is drained. For this distance not a habitation is to be seen except the half-way post station, and scarcely a living being,

“Save the herdsman and his herd,
Savage alike,”

and an occasional wayfarer along the road. The marshes are bounded on the east by the chain of Apennines, on the acclivities of which are two or three towns (formerly the resort of banditti), and by Terracina on the south. The Circean promontory is seen for a considerable distance, and

is the only striking object to attract the attention. Terracina is situate on the shore, at the base of a bold and precipitous rock, washed by the sea, and where the marshes terminate. It was also formerly celebrated in the annals of *brigandage*, but those days are gone, and travelling is now as safe in Italy as in other civilized states of Europe, the governments having pretty effectually put a stop to the system of highway robbery, as it was formerly methodically pursued; and when anything of the kind now takes place, the idea and plan generally arise *à l'improviste* among some of the peasantry, or idlers in the towns, if they think a favourable opportunity presents itself. As, however, a reward and pardon are generally offered to any who will give up their accomplices into the hands of justice, the perpetrators are almost always discovered.

The couriers and the diligences in the Roman states, as also in Modena, and some parts of Northern Italy, are, however, still escorted by dragoons, one riding on either side.

The appearance of the few people seen along the Pontine marshes, at the post-stations, as also of those of the neighbouring towns, is much less unhealthy than some years ago; in fact, the malaria has not been so destructive of late years, since the improved drainage, by which many parts which were formerly marshy can now be cultivated.

Shortly after leaving Terracina, you enter the

Neapolitan territory, and pass through the miserable towns of Fondi, where you are detained for a short time by the custom-house, and Itri, where a great part of the inhabitants, covered with ragged cloaks, stand scowling in the streets, and looking as if they regretted the *bon vieux temps*, when their ancestors were enabled to raise forced contributions with comparative impunity. Between the latter town and Mola di Gaeta, the scenery is highly interesting. From Mola, which stands on the sea-shore, a delightful view may be enjoyed, including, in clear weather, Vesuvius—

“ Che fa col foco
Chiara la notte, il dì di fumo oscuro,”

which may be seen across the bay. Hence to Naples the country is level and extremely fertile, being termed the Campagna Felice. You pass through Capua, which, whatever might have been its attractions in the days of Hannibal (whose soldiers, we are told, were so captivated thereby that they passed many months in slothful luxury), certainly does not at present offer any very strong inducements even for a temporary sojourn. After passing through a long suburb, you enter Naples, and drive along the Strada Toledo to the quarter where strangers most do congregate.

Naples is second only to Paris in the amount of its population; the crowded and bustling aspect of its streets contrasts strongly with the

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tranquillity of Rome. The author of a popular work gives the following account of the street population:—"The noise of Naples is enough to drive a nervous man mad. It would be difficult to imagine the eternal bustle and worry of the streets: the people bawling and roaring at each other in all directions; beggars soliciting your charity with one hand, while with the other they pick your pocket of your handkerchief; the carriages cutting their way through the crowd, with which the streets are thronged, with a fearful rapidity. It requires the patience of Job to carry on any dealings with the people, who are a most unconscionable set. Every bargain is a battle, and it seems to be an established rule to ask, on all occasions, three times as much as is just." *

The city is seen to great advantage from the water; the line of white buildings extending for miles along the shore, and rising one above another on the acclivity of the hill, the summit of which is crowned with the Castle of St. Elmo; the islands of Capri, Ischia, and Procida in the bay, with Cape Misenum on one side; Vesuvius and the coast of Sorrento on the other, are generally acknowledged to form one of the finest prospects in Europe. Most of the houses are lofty, and the streets narrow, of which the inhabitants experience the advantage in hot

* Diary of an Invalid.

weather. With the exception of the Largo del Castello, in which are the palace and the theatre of St. Carlos, and of the space in front of the handsome new church, St. Giovanni e Paulo, built after the design of the Pantheon, there are no spacious squares or places. The parts fronting the bay, where strangers mostly reside, are the Santa Lucia, Chiatamone, Chiaja, and Strada Vittoria. The Public Garden of the Villa Reale extends along the Chiaja, between the houses and the sea, and is prettily laid out with shrubs and parterres of flowers, among which serpentine several shady walks, of which, however, there is a great deficiency at Naples. The Castel del Uovo stands on a rock, which is only connected with the land by a drawbridge, between the Chiaja and the port. The Mole always presents an animated appearance, both from the movement among the shipping, and also from the number of idlers there assembled, listening to an improvisatore, or a reciter of Ariosto, or laughing at the antics of Punch, their love for whom, which used to form a national characteristic, has, however, somewhat declined of late years.

Of the above-mentioned situations, the Santa Lucia is the least eligible for invalids, on account of its being more exposed to cold winds, which several of the houses are but ill calculated to exclude.*

* Mrs. Carleton mentions, as one of the best positions, the Strada Sta. Therion, and the short streets that cut it at right angles, which are dry, sheltered, and not very noisy.

The number of churches at Naples remarkable for beauty of architecture, or richness of interior decoration, is small, compared with Rome or Venice. Those best worth visiting are the St. Giovanni e Paulo, the Santa Maria Maggiore, and the San Martino, which is extremely rich in paintings and precious marbles. It stands on the hill, close to the Castle of St. Elmo. From the balcony of the adjoining convent an enchanting prospect is displayed to the view—

“Earth one bright garden, one bright lake the sea.”

The flat roofs of the houses, seen from this position, present a curious and novel aspect. Naples possesses within itself fewer objects of general interest than any other Italian capital. The interior of the Royal Palace, which contains some good pictures, may be viewed by special permission, for which one or two dollars must be paid; but the most interesting public establishment, to which repeated visits may be made with satisfaction, is the Museo Borbonico, which almost equals the Vatican in the richness of its collection of statues, and contains, besides a picture gallery, the fresco paintings, mosaics, gold and silver ornaments, domestic utensils, Etruscan vases, &c., discovered in the excavations of Pompeii and Herculaneum. The process of deciphering the rolls of papyrus is extremely curious, and has of late made great progress.

Among the most celebrated statues may be

mentioned those of Marcus Balbus, father and son, on horseback, found in Herculaneum; Aggripina, seated; several busts of gods and Roman emperors; a colossal Flora, Homer, Aristides—the latter also discovered in Herculaneum, and one of the finest specimens of the Grecian chisel extant—the Venus Callypige; the magnificent group of the Toro Farnese; the Hercules of Glycon, found in Caracalla's baths; and a large statue of our Saviour on the Cross by Michael Angelo. The cabinets of antique bronzes, of gems, the Etruscan antiquities, and vases, will also afford gratification for many an hour. In the picture gallery will be especially remarked Leo the Tenth between two Cardinals, by Raphael; a Landscape, by Claude; the Guardian Angel, by Domenichino; Titian's Danae; a Child Sleeping near a Skull, by Guido.

Several splendid pictures are likewise contained in the Prince of Salerno's collection, among which the Descent from the Cross, by Guercino; a Madonna, by Tasso Ferratò; Daniel in the Lions' Den, by Salvator Rosa; two fine large Landscapes, by the same painter; two magnificent Claudes (especially the one with water and a temple); a large picture of the Madonna and Child being crowned by Angels, by Guido, will more especially rivet the attention.

The Albergo dei Poveri is a fine establishment, containing a population of 6,000 souls, paupers and orphans. The men and boys on one side,

the women and girls on the other, are employed in various avocations, as tailors, shoe-makers, manufactories of linen and cloth, pins, type-foundry, &c. A chapel and infirmary for the sick form a part of the establishment.

There are at Naples four or five large hospitals. The principal one, the *Incurabile*, stands in the centre of the city, in an elevated position, and contains about 1,400 beds; the wards are of considerable length and breadth, clean, and tolerably well ventilated. As at the other Italian hospitals, patients are admitted on application, and are attended by *sœurs de la charité*, and subordinate male and female attendants. Small bleedings, frequently repeated, are a very general practice, as in other parts of Italy; and numerous sign-boards may be seen in the streets, at the barber-surgeons, representing the figure of a man with blood flowing in a full stream from the arms, legs, and neck. Stimulating, tonic, and laxative medicines are not frequently exhibited, but sedatives are more commonly used.

The environs of Naples can scarcely be surpassed for scenic beauty and interesting associations, whether you muse o'er Virgil's tomb, explore the stupendous grotto of Pausilipo, the ruins of Pozzuoli, the Lake Avernus, the classic shores Baia and Misenum—

“Where Cæsars deigned with revellers reside;”

whether you sail to the islands of Ischia, Procida,

and Capri, or along the coast to Castellamare, and to the orange groves of Sorrento; or whether, proceeding over fields of lava, you wander about the streets of Pompeii, the city of the dead, where—

“Radiant porticos appear,
Halls that painted columns rear,
Courts where central fountains played,
Galleries that the noon-sun shade;
Here, Isis’ mystic fane, and there
Each marbled structur’d theatre!
What though no roof the radiant courts enclose,
Fantastic figures beaming from below,
Along the rich mosaic brightly glow;
All that from Raphael’s fairy pencil flows,
In graceful arabesques the walls adorn,
Wing’d nymphs that float in air, and wind the wreathed horn.”

Sotheby’s Italy.

The ascent of Vesuvius is practicable on mules for about a mile further than the hermitage. As this is a work of difficulty and labour, it should not be attempted by invalids, who, if desirous of ascending, should be carried up in a *chaise à porteur*. The last eruption has very much altered the aspect of the mountain. You have now to ascend to the summit over hardened lava, instead of through ashes and scorix, as was the case several years ago. The form of the crater is likewise so much changed as to be no longer recognizable by those who had seen it in its former state. There is now no central crater, but the whole forms a regular funnel-shaped

descent, with here and there several large fissures, through which sulphurous smoke and flame issue. The panorama of the city, the bay, its shores and islands, the chain of mountains, with Pompeii, which appears to lie immediately beneath, is one of the finest in the universe.*

The Neapolitans have more vivacity than the Romans. Most of the upper classes have but little general information, and, like those of Genoa, seem to care for little else than the enjoyment of the passing hour. Eustace, speaking of them (though his account would be somewhat overcharged if written at the present day), attributes the dissoluteness of manners to the enervating influence of the climate, the absence of moral principle, the facility of obtaining absolution, the formation of marriages from motives of *convenance*, the absolute nature of the government, which, by restricting the whole power in the sovereign and in the ministers, deprives the nobility of motives for exertion or employment. "Hence," says he, "without motive for exertion, they allow the nobler faculties of the soul, which have no object to engross them, to slumber in lethargic indolence; while the sexual appetites, whose indulgence is always within reach, are in full activity, and engross all their time and attention. Hence their days are spent in visits, gaming, and intrigue, and their

* A railroad extends from the city to Castellamare, and in the opposite direction to Capua.

minds are confined to the incident of the hour, the petty cabals of the court, and the vicissitudes of their own circle. They are never called to the country by the management of their estates, which they leave entirely in the hands of their stewards; they live in the capital, forgetting themselves and their duties in an uninterrupted vortex of dissipation, and have neither opportunity nor, perhaps, inclination to harbour serious reflection. Idleness, therefore, is the curse and misfortune of the Neapolitans, and, indeed, of all foreign nobility. It is the bane which, in despotic governments, enfeebles the powers and blots out all the virtues of the human mind. To it we may boldly attribute the spirit of intrigue which at Naples so often defiles the purity of the marriage bed, and dries up the very source of domestic happiness." -

Among the middle classes information is more diffused, and literature and science are more cultivated. The state of medicine and surgery is higher than at Rome, and fully equal to that of Northern Italy. Most of the shopkeepers and lower classes are covetous and over-reaching, and the stranger will require to look pretty sharp in his dealings with them, so that the account from the "Diary of an Invalid," introduced a few pages back, holds equally good at the present day in this respect, and also as regards the picking of pockets. The lower orders are, however, mostly good-humoured, and quick at repartee, though

passionate and disinclined for more exertion than is sufficient to enable them to exist from day to day; and nowhere is the "*far niente*" better exemplified, both in the higher and lower ranks, than in the Neapolitan states. The Lazzaroni, as a body, may be said to exist no longer, though hundreds of raggamuffins may be seen about the streets idling, begging, or attending upon the hackney carriages, which cannot be engaged without one or more being perched up behind. Many of them are exceedingly well formed, muscular, and are able to go through a great deal of hard labour.

The late revolutionary movements having extended to Naples, and obliged the king (no longer of the *two* Sicilies) to accede to a representative form of government, will, doubtless, soon alter the character of the people, and lead to the fuller development of the resources of the country.*

Of the Neapolitans, as compared with the Romans, Mrs. Carleton observes, "Naples is the

* Since the above was written, the double dealing of the king has been manifested, in the collision, attended with considerable loss of life, between the citizens and National Guard on the one side, and the military, aided by the Lazzaroni and the rabble, on the other; the support of these latter having been obtained by granting them the pillage of the city for several hours, large numbers of the citizens having been killed, and innumerable atrocities committed. The reign of terror was thus established, for a time, in the capital; the provinces, however, having risen, and being aided by the Sicilians, a re-action was imminent; and, according to the latest accounts, the abdication of the king might be expected, as he was shipping his carriages and treasures.

worst for pilfering, Rome is the worst for villany. The Neapolitans are a good-natured, lying, and thieving population ; the passions of the Romans lie deeper ; the Neapolitans stab less because they chatter more ; and their irritability is partly expended in abuse."

As far as I have been able to observe, I think the bad character which she gives the Romans is exaggerated.

The climate of Naples, though perhaps the driest in Italy, is at times exceedingly changeable with respect to variations of temperature, which are often great, frequent, and sudden. Cutting winds sometimes prevail with severity, especially in spring ; that part of the city inhabited by strangers, termed the Sta. Lucia, is particularly exposed to their influence, while, at the same time, the sun has frequently great power, and renders invalids extremely susceptible ; persons, therefore, with diseases of the lungs and air-passages, or rheumatism, should not remain at Naples in February and March. During November, December, and frequently the greater part of January, the weather is usually fine and mild.

The climate does not in general disagree with dyspeptic and nervous patients, unless there be a high degree of excitability ; and those whose general health is disordered, without any existing disease, may usually pass the winter very well at Naples. The climate is generally found to be

too exciting for gouty patients of an irritable or plethoric habit. The sirocco is more severely felt than elsewhere in Italy, and, by its relaxing and paralysing influence, frequently renders persons incapable, during its prevalence, of either mental or bodily exertion. After the month of April, the heat in the middle of the day is so great that scarcely anybody is to be seen in the streets, most of the Neapolitans being engaged in taking their siesta, in order to be able to appear in the evening. The weather during April and May is delightful.

There are two mineral springs rising from a dirty part of the beach, opposite Sta. Lucia, which are a good deal used for drinking, both by the higher and lower classes, in the summer, a string of carriages being frequently seen waiting, while the water is handed in turn to their occupants. The springs are both cool: one of them has a slight sulphurous impregnation. The sulphuretted hydrogen, however, speedily escapes after the water has been drawn from the spring, and the saline substance is in very minute quantity. The other, or Aqua Ferrata, is, as its name implies, a chalybeate spring. It has not an unpleasant taste, but the saline and ferruginous impregnation is very slight. Each pint contains about seven cubic inches of carbonic acid gas. It may be useful in some forms of dyspepsia from debility of stomach, and as a refreshing drink in summer, though its medicinal

properties would be but inefficient in most cases where tonics are required.

According to Mrs. Carleton, "the coolest and pleasantest summer residence in the neighbourhood of Naples is Sorrento. Castellamare is also one of the most beautiful places near Naples, but it is also the dampest, being placed on the side of a high hill, covered with high trees from the foot to the summit. These cool groves are intersected by delightful walks, in which respect it is superior to Sorrento, where the pedestrian toils along narrow, hot, and dusty roads, shut out from the garden of the Hesperides by stone walls, but then it has the advantage of Castellamare in rides. The latter is not only damp but dear, being the most fashionable of all the Neapolitan watering-places.

"As a *residence*, Naples has defects that can hardly be compensated by its surrounding beauties, the climate is changeable, the rains abundant, the water bad, the gnats innumerable, the noise incessant, the baths limited, the language detestable; in all which respects, except rain, it is the opposite of Rome: in cheapness and masters it is inferior, and only equal in roguery."

Possessing the advantages of an Italian climate, without being so subject to great and sudden transitions of temperature as some of the places of resort in Italy, Malta has been a good deal frequented by invalids, especially since the Queen Dowager was induced to select it for a winter

residence. Forming moreover a part of the British dominions, Malta may be made more available for the purpose, should the disturbances in the southern peninsula continue, so as to render a prolonged sojourn there hazardous. The island is about sixty miles in circumference, eighteen in length, and twelve at its greatest breadth; and, from the absence of high grounds or mountains, is not perceived at sea until approaching within a few miles. This has been signalized by one of the Italian poets—

“Giace Malta fra l'onda occulta e bassa,”

and, according to one of the English physicians, the highest ground is not more than 600 feet above the level of the sea.

In summer the heat is excessive, the ground being parched up for the want of rain, which falls in torrents at stated seasons in spring and autumn. The sirocco is likewise oppressively felt. The winter climate is tolerably equable. Dr. Liddell says, that from the middle of October to the middle of January the weather is delightful, except during the occasional prevalence of a north-east wind. The air is pure and clear, being freshened by the north-west wind, which chiefly prevails, and is agreeable. About the middle of January, however, the weather becomes more unsettled, and in the two following months is often tempestuous and rainy.

Dr. Liddell states the climate of Malta to be

more especially suited to chronic bronchitis, with asthma, scrofula cases, dyspepsia, and hypochondriasis, and a generally disordered condition of the health. It usually agrees well with elderly persons.

Strangers reside principally in Valetta, which, says Sir James Clark, "is built on a declivity, sloping from south to north-east, and is one of the finest towns in Europe. The principal streets run north and south, and are swept by cold northerly winds. The houses are excellent, and the rooms large and lofty. Country houses, with gardens and orange groves, may be readily obtained at a short distance from the city. The markets are plentifully supplied; and Valetta is abundantly provided with excellent water, brought from a spring, six miles distant, by an aqueduct. The principal streets are clean, either paved or macadamized, and readily dry after rain. The roads leading to the country, or round the harbour, are in good condition, but they are of no great extent or variety. The most desirable places for a winter residence are those with a southern and eastern aspect, near the Barraccas."

Casal Lia, three miles distant, is, according to Dr. Liddell, an unexceptional residence for pulmonary invalids, being well sheltered, and close to the public garden, St. Antonio. The houses are generally large and good; but Dr. Liddell fears that proper accommodation and comfort for invalids could not be obtained.

Palermo likewise enjoys an equable winter climate; the accommodation is, however, but indifferent, and the city offers but few resources to visitors.

"A mere traveller," says Mrs. Carleton, "would never suspect that the soft and balmy air of Palermo was unfavourable to diseased lungs, yet it is so, being of an exciting nature, but in a less degree than the treacherous breeze of Naples, which may be called irritating. However, the fatal malaria lurks in the surrounding country, and the admirers of fine scenery must not be tempted to lead a rural life in the beautiful spots that abound in the neighbourhood. With respect to accommodation, as Palermo is not the usual resort of invalids, they must not expect to find English comfort, English doctors, and snug lodgings. To conclude, notwithstanding the disadvantages that have been enumerated, those who have wintered at Palermo speak well of it, and the pleasantness and steadiness of its temperature, and the beauty of its situation, will always make it agreeable to visitors."

On leaving Naples to return to Rome, the traveller, who has already passed by Terracina and the Pontine marshes, will be gratified by taking the route through Caserta—visiting its palace and modern aqueduct *en passant*—to Capua. The fine amphitheatre stands by the road-side, three miles from the town, and though larger than those of Verona or Nismes, is not

nearly in such good preservation, a great part of the outer circle being in ruins. Like the Coliseum, it is constructed of large blocks of travertino, without the use of either mortar or cement, their mere weight being sufficient to keep them together. A little beyond Capua, the road to Rome by St. Germano, the ancient Via Latina, branches off to the right from that by Terracina, and is thirty miles shorter. The country is likewise more beautiful and interesting, and, on approaching St. Germano, is highly picturesque. This town lies at the base of a rocky pinnacle, crowned by a ruined castle, and at the extremity of a fertile plain, enclosed by mountains. High up on the mountain, immediately behind it, stands the celebrated Benedictine Abbey of Monte Casino, which forms a striking feature in the distant view, and is a principal inducement for travellers to take this route. You ascend by a steep and stony road (in many parts cut into steps, and only practicable for pedestrians and mules), through immense detached masses of blueish rock, with which the side of the mountain is covered, and between which grow tufts of long rank grass, forming a chaotic and indescribably curious scene. It requires an hour's good walking to reach the abbey, and few scenes can compare with that which is exhibited from the platform. The desolateness and the wild sublimity of the mountains, grouped together in a variety of forms,

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and enclosing, as in a frame, the plain and town of St. Germano, will leave a lasting impression on the mind. The abbey is a splendid quadrilateral edifice, its several parts being built round five spacious court-yards; the cells are neatly fitted up. There is a collection of pictures, and the library is large, and contains many valuable published works and manuscripts.

The church is richly endowed, and is resplendent with paintings and precious marbles. It contains also some fine specimens of carved wood-work. The number of monks amounts to about forty; and there is a seminary of eighty boys and young men, who are educated for the priesthood. Travellers are boarded and lodged for a few days; some remain for several weeks as inmates of the abbey. Ladies are permitted to see the church, but, as in other monasteries, are not permitted to enter the rest of the building—

“Lest haply seen a form too fair,
Imingle with the hermit's prayer,
And downward draw his heaven-cast eye
To earthly angel, passing by.”

The view, however, from the summit of the mountain is alone sufficient to repay the trouble of the ascent. A minute description of the abbey, and of the objects of interest along the Via Latina, is given in the Guide Book.

On leaving St. Germano, you drive through a beautiful but thinly populated country, where scarcely a house is to be seen, except the half-

way inn at Melfi. Before arriving at Ceprano, the frontier town of the Roman states, the traveller passes beneath the ancient fortress of Rocca D'Arce, on the summit of a rocky mountain, and afterwards through the old towns of Frosinone and Ferrentino, with narrow dirty streets, and a scowling, brigand-looking, pauper population. From Ferrentino to Valmontone the country is flat, deserted, and uncultivated, though the environs of Valmontone are interesting.

After leaving this town, you have to drive across twenty-five miles of the Campagna before arriving at the entrance to Rome, by the Porta Maggiore, which, having been recently cleared of the stones and rubbish by which it was encumbered, is now the finest gate of the city.

Those who have leisure and inclination may, by going a little out of the road, explore the ancient Volscian cities, Arpino and Arquino, the Isola di Sora, and the Pelasgic fortress of Alatri.

The road from Rome to Florence, by Perugia, branches off to the right beyond Baccano, and is much more interesting than that by Sienna, the country being diversified with hill and dale, woods, and cultivated lands. The towns and villages are cleaner, better built, and there is an air of greater neatness and comfort among the people than elsewhere in the Papal territories.

Nepi and Civita Castellana are placed on the edge of deep ravines, the precipitous sides of

which are thickly clothed with trees and brushwood, and, seen from a distance, have a striking and picturesque appearance. The position of Narni is also very fine; lying on the edge of a rocky dell, and crowning a commanding eminence, at the base of which flows the Nar (across which are seen the remains of an immense bridge, built by Augustus), it overlooks an extensive plain, surrounded by mountains, at the opposite extremity of which stands Terni, which is a neat, well-built town, in a delightful situation. The celebrated cascade, formed by the Velino, is about five miles distant, and is surrounded by scenery of the most interesting kind.

Between Terni and Perugia the country is, for the most part, agreeable and hilly. You cross the mountain La Somma, and descend to Spoleto, near which a fine aqueduct stands by the roadside, and where the roads from Florence and from the Adriatic meet. Perugia is a large town of great antiquity, standing on a steep hill, but presents little to attract the notice of the passing traveller. The principal square contains two or three fine edifices, but the population is small, and the streets have a melancholy and deserted appearance.

Descending from Perugia, you shortly reach the classic shore of Thrasimene, and a few miles farther on, pass beneath the hill on which stands the ancient city of Cortona, now a large dilapidated-looking town, and shortly after arrive at

Arezzo, the birth-place of Petrarch, a neat town, paved with flag-stones, and possessing a handsome cathedral. Between Arezzo and Florence the road passes through a pretty country, following the windings of the Arno, between cultivated and well-wooded hills.

CHAPTER IX.

BOLOGNA—PARMA—MILAN—PELLAGRA—THE LAKES—THE SIMPLON
VALLEY OF THE RHONE—CRETINISM—BATHS OF LEUK.

ON leaving Florence for Bologna, shortly after having passed the handsome Porta St. Gallo, the traveller begins to ascend the "Alpestri Apennini," and soon enjoys a delightful view of the Val d'Arno, "girt by her theatre of hills." During a succession of ascents and descents, the road presents many fine views of mountain scenery. The prospect from le Maschere, of a valley encircled by mountains, grouped together in picturesque forms, is strikingly fine; as is also the view of the stern and rugged mountains near Covigliajo. At Loiano you again enter the States of the Church, and from a hill above the town may enjoy a view of the plains of Lombardy, bounded on the north by the chain of Alps, and of the two seas:—

"D'Italia quanto il Po ne irriga, e quanto
L'Apennin, l'Alpe, e d'Adria il mar ne serra."

More wooden crosses will be seen on the roadside between Florence and Bologna than in any

other part of Italy. They must not, however, always be regarded as "memorials frail of murderous wrath," but indicate the spot where any accident attended with loss of life has occurred. Shortly after leaving Loiano, you descend to the plain, and arrive at Bologna, situate at its southern extremity.

The city has a population of about 70,000 souls; the streets are clean, and are lined with arcades, on which the houses are built. The principal square, containing the Old Palace, the church of St. Petronio (the patron saint), and other public buildings, with a fountain in its centre, embellished with a statue of Neptune, has a striking and antique appearance. The two leaning towers are ugly square piles of brick, standing close together, and inclining towards each other. Asinelli's tower is upwards of 300 feet high; a fine prospect may be enjoyed from its summit. It declines four feet from the perpendicular. The other tower is about half as high, and has a declination of eight feet. Bologna possesses a large and handsome theatre, and the *corps dramatique* is generally very good.

The collection of pictures, though small, is select, and contains several *chefs d'œuvres*, among which may be mentioned, as more particularly deserving attention, the Crucifixion, by Jacopo di Bologna; St. Bruno, by Guercino; the Conversion of St. Paul, by Ludovico Caracci; the Madonna della Pietà, and the Massacre of the

Innocents, by Guido ; the St. Cecilia of Raphael, and the Madonna del Rosario, by Domenichino. The Zampieri, and one or two other palaces, also contain a few good pictures.

The University, which in former times was crowded with students from almost all the countries in Europe, is now but thinly attended. Its having fallen off of late years is partly to be ascribed to political circumstances, and also that foreign students are not admitted unless they be of the Catholic religion. The number, consequently, does not exceed five hundred. Among the celebrated men who studied at Bologna may be enumerated Valsalva, Malpighi, and Galvani. The building contains a good library, museums of human, comparative, and pathological anatomy, and of natural history. In the former is a collection of wax models of healthy and diseased structure, of the natural size. Those specimens which illustrate the Pellagra and the Morbus Ceruleus are exceedingly well executed. Bologna ranks high among the Italian schools of medicine.

The most prevalent diseases are inflammatory and intermittent fevers, inflammations of the lungs and air passages, and rheumatism. Pellagra is not uncommon in the neighbourhood, less so, however, than in the Milanese.

The inhabitants of Bologna, and, indeed, all those of Romagna, are more vivacious and irritable than the rest of the subjects of his

Holiness, and not unfrequently give the government considerable trouble by their political tendencies, notwithstanding they enjoy some special privileges distinct from the Romans. The character given them by one of their poets—

“ Il Bolognese e un popol del demonio,
Che non si puo frenar con alcun freno,” *

might apply to many of them in the present day. By the new constitution they are, however, now represented at Rome by delegates, elected by themselves.

The Bolognese are not dependent on the state of the weather for walking exercise, for, besides the arcades in the streets, others, consisting of six hundred and forty arches, extend from the town to the church of the Madonna della Guardia, which stands on one of the lower Apennines, three miles distant from the city. These have been constructed by means of contributions from rich individuals, and from the associations of the professional, trading, and other classes of the community. From the principal arcade another branches off, leading to the Campo Santo, an extremely well-arranged and interesting establishment for burying the dead, opened some years ago. It is about a mile distant from the town, and comprises several acres of ground, planted with trees and shrubs, enclosed

* Tassoni, *Secchia Rapita*.

between elegant colonnades, lined with handsome tombs, statues, and marble monuments. There are likewise long covered passages and vaults beneath the pavement, with spaces partitioned off for interment, as in the catacombs. Among the monuments will be remarked one erected to the memory of the female professor of Greek, the last of the female professors who taught in the University.

Bologna possesses no inducement for the prolonged sojourn of strangers. There is but little society beyond an occasional *soirée*, as a large proportion of the upper classes pass their evenings at the theatre. The winter climate is bad, from the situation of the town on the northern side of the Apennines, the weather being frequently damp and cold.

After quitting Bologna, you enter the fertile territory of Modena. The town is handsome, and chiefly consists of a single wide street, whence a few streets branch off on either side. The palace contains some good pictures, which may be visited *en passant*. The peasantry and lower classes in this small territory are remarkable for their beauty.

The principal streets of Parma are spacious and well-paved, but the population is small when compared with the size of the town. The Royal Academy contains a large and well-arranged public library, and a collection of pictures, among which are some of the best productions

of Correggio, by whom also there are fine fresco paintings in the churches. The great theatre, capable of containing 6,000 spectators, is now in ruins, but an elegant new theatre was constructed by the Duchess Maria Louisa. The hospital contains about four hundred beds; the wards are lofty and airy, but too spacious to admit of their being properly warmed in winter. The pellagra is prevalent in the surrounding country.

There are in Parma several charitable institutions; one of them, the Congregazione Pietosa della Carità, was formed as far back as the fifteenth century, for the relief and medical assistance of the poor. One half of its members are ecclesiastics, the other half is composed of nobles and citizens. Two members of the society are attached in rotation to each district of the town and its environs, whose duty it is to seek out and relieve those who need assistance. The medical duties are performed by physicians and surgeons, who are elected every three years. The affairs of the society are arranged by a committee of twelve members, six secular, six ecclesiastical, who are divided into pairs, each pair having a particular department to superintend.

Beyond Piacenza the traveller crosses the two branches of the Po, upon bridges of boats, and is reminded, by the custom-house on the bank, that the river is the boundary of

“Fruitful Lombardy,
The pleasant garden of great Italy;”

in passing through which, however, he will scarcely fail to notice the unhealthy aspect of the peasantry, who are very liable to fevers and other diseases, which are chiefly to be ascribed to the irrigation and cultivation of the rice fields.

The duchies of Parma and Modena have, like larger states, had their *pronunciamento*, got rid of their sovereigns, and established provisional governments. This, together with the customs league between Rome, Tuscany, and Sardinia, will facilitate the traveller's progress by lessening the annoyance of passports and *douanes*.

Milan has more of the appearance of a capital than any other city in Italy. The houses are lofty, the streets clean, wide, lined with showy shops, and paved in the centre with strips of flag-stones, on which the carriages roll smoothly along. The throng of well-dressed pedestrians, and the number of handsome equipages, indicate the prosperous condition of the inhabitants. Milan, however, contains but few objects calculated to interest the majority of travellers. The only public edifice conspicuous for beauty is the cathedral, the whiteness of which dazzles the beholder, and the numerous pinnacles, each crowned with a statue, produce a rich and novel effect. The view from the spire of the extensive plains, with their stupendous northern barrier,

“Alps on Alps in clusters swelling,”

and of the long line of Apennines, stretching

southward till lost in the distance, is strikingly magnificent. There is a public collection of pictures in the Palace of the Brera. Among the most valuable pictures are Abraham and Hagar, by Guercino; St. Peter and St. Paul, by Guido; the Last Supper, by Rubens; and two landscapes, by Salvator Rosa.

The theatre of La Scala is, after St. Carlo, the largest in Italy. The boxes are so constructed, and furnished with blinds, as to screen the occupants from observation. It is the custom at Milan, more than elsewhere, to receive company in the boxes. The operatic *corps* is not generally very superior, but the *ballets d'action* are extremely well got up.

The handsome triumphal gate, commenced by Napoleon, was completed a few years ago, and is one of the objects best worth visiting. On the esplanade, near it, is a modern amphitheatre, large enough to contain thirty thousand spectators, in which chariot races, in imitation of those of antiquity, occasionally take place.

The Spedale Grande is one of the largest hospitals in Europe; its *facade* measures nine hundred feet, and it encloses several court-yards. The number of patients is about a thousand, though nearly twice as many could be accommodated. As in most of the other Italian hospitals, there are a few separate apartments for those who can afford to contribute towards their maintenance. Most of the articles for the use of the patients, as

bread, bedding, blankets, clothes, &c., are manufactured within the hospital. The treatment of disease appears to me to be rational, and is less based upon exclusive theories than upon the observation of symptoms, and the special indications in individual cases.

The hospital for the insane is situate about a mile from the town, in a locality where considerable humidity must prevail, from the numerous canals for irrigation. It contains about five hundred beds. Many of the patients are employed in works about the establishment, as gardening, carrying water or wood, the manufacture of articles of clothing, shoes, &c., the women in knitting, spinning, and similar avocations. The remedial means principally adopted, in cases where a high degree of cerebral excitement exists, consists in the occasional abstraction of blood, laxatives, baths, and sedatives, especially morphia. Several of the inmates had large goitres, and in many mental alienation had supervened upon repeated attacks of pellagra.

On account of the neighbourhood of Milan to the Alps, its climate in winter is cold and damp, and occasionally foggy. The irrigation of the rice-fields, with which the Milanese abounds, is a fertile source of fevers of all types, which, together with thoracic inflammations, phthisis, rheumatism, and affections of the digestive organs, are the most prevalent diseases. Large goitres and scrofulous complaints are likewise very

common. A disease, however, which may be considered as endemic in Lombardy is the pellagra—of which the hospitals contain numerous specimens. This complaint is characterized by general derangement of the nervous and digestive apparatus, with hypochondriasis, and frequently a propensity to suicide, or to destroy others, especially children. There exists at the same time a chronic inflammation of the skin, more particularly affecting those parts which are most exposed to the action of the sun, as the neck, hands, and arms, which become covered with a dark brown scaly eruption. The disease was unknown before 1778: it generally occurs in spring and summer, many individuals being affected at these periods during several successive years, who become comparatively well as the summer advances, and usually terminates, after repeated attacks, in paralysis, visceral disorganization, or mental alienation, and is confined to the poorer classes, who are badly clothed and fed; being more common among the inhabitants of the mountainous districts about Como and Bergamo than those of the plain. The causes of this disease are enveloped in considerable obscurity. The use of bread badly baked, or made with damaged Indian corn, which is customary among the peasantry of these districts, has been enumerated by medical men as one of its causes; but, in all probability, more depends upon the locality in which they live than upon the quality of their

food, as the patients generally become better if their residence and mode of life be changed.

Many individuals among the higher classes of the Milanese are well informed, and are fond of study and of travelling. Most of the women are tall and have finely-formed features: they have for the most part adopted, as in other large towns, the French mode of dress, which has almost entirely superseded the graceful and becoming costume of the middle and inferior classes. Milan was not an agreeable place of residence for strangers, under the Austrian regime society having been much fettered by the system of *espionage* pursued by government: the success of the recent revolution, and the emancipation from their galling yoke will, however, doubtless tend to elevate the character of the people, and improve the tone of society, as well as to develop the national resources. As, however, Austria is not likely to give up the Lombard-Venetian kingdom without a severe struggle, it may yet be long before peace be restored and a permanent form of government established in Northern Italy.*

The drive to the lakes is highly interesting, the country being beautiful, fertile, and embellished with neat villas. Como is a pretty town, delight-

* By the latest accounts, the war is being carried on; Lombardy has been ceded to Charles Albert, and joined to Piedmont. This measure is thought more likely to be an efficient barrier against the entrance of the French into Italy than if Lombardy had remained a republic.

fully situate on the shore of the lake, and surrounded on the land side by lofty and verdant hills. The lake itself is enclosed between hills clothed with verdure, on the sides of which are numerous villages; their base being embellished with towns and handsome villas skirting the shores. The most beautiful part is at Bellagio, where the lake of Lecco joins that of Como:—

“ Sweet it is to behold, on either side,
The crystal flood divide,
Making an isle of that green eminence;
And watch the sails that flash'd on the far stream,
Now seen, now lost;
Like fire-flies glancing through the moonlight gleam,
As winds the current cross'd.”

Sotheby.

A few days may be agreeably passed at Cadenabbia, nearly opposite to Bellagio. The villas Somariva and Melfi, in the neighbourhood, will well repay the trouble of a visit. The galleries cut through the rocks for several hundred feet along the edge of the lake near Varenna, forming part of the new road leading to the Stelvio, will likewise be visited with interest. This road branches off to the right before arriving at Chiavenna, at the upper end of the lake, and where the ascent of the Splügen commences.

The scenic features of the Lago Maggiore differ materially from those of Como. The lake itself is much wider, and the mountains at its upper part are more bold, lofty, and rugged, than those which enclose the lake of Como; but, on

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advancing to the south, become softened down into gently rising hills, covered with vineyards and corn-fields, while numerous towns and hamlets lie at their base, adorning the shores. The Boromean islands, seen from a distance, have a pleasing effect, and, with the distant Alpine range, add to the variety and interest of the scene.

Leaving the shore of the lake at Baveno, the traveller shortly afterwards arrives at Domo D'Ossola, the first town presented to the view on descending from the Simplon, and which, with the rich plain where it lies, together with the white villas scattered about the hills, is well calculated to convey a favourable impression of Italy. The ascent of the Simplon from the bridge of Crevola is gradual as far as Isella, the road being carried along the edge of the Vedro, through scenery of a strikingly wild and romantic character. Beyond Isella you pass through the sombre defile of Gondo, which presents scenery surpassing in wildness and sublimity that of any other Alpine pass. The ascent then becomes steeper, and the road is seen from below, winding its way upwards in several zig-zag turns,

“ Like a silver zone
Flung about carelessly, it shines afar,
Catching the eye in many a broken link,
In many a turn and traverse as it glides ;
And oft above, and oft below, appears,
Seen o'er the wall by him who journeys up,
As though it were another, not the same,
Leading along he knows not whence or whither.”

Rogers.

After reaching the village of Simplon, a few miles of ascent remain before the summit of the pass is gained. A substantial *hospice* has been erected within these few years at the highest part. The descent towards Switzerland presents but few features of interest compared with the Italian side; the road being for the most part cut through the mountain, along the edge of wide ravines, between whose steeply-shelving sides, clothed with pines and larches, occasional glimpses are caught of the valley and glittering spires of Brigg, to which it descends after many tortuous windings.

The Haut Valais is hemmed in between high mountains, preventing the free circulation of air: the soil is in many parts marshy, and covered with rank vegetation; no wonder, then, that goître and cretinism should be endemic there, as the inhabitants constantly inspire an atmosphere laden with noxious exhalations.

Goître, which is, in fact, but a modification of cretinism, is generally found to prevail in localities similarly circumstanced—viz., where there exists a marshy soil combined with imperfect ventilation, or stillness of the atmosphere, as in some of the valleys of the Pyrenees and the Alps. Foderé considered it to depend upon the prolonged influence of a thick and stagnant air, charged with miasmata and fogs. M. de Saussure, in his “*Voyages dans les Alpes*,” remarks, that goître is not met with above a certain alti-

tude, as one thousand or one thousand four hundred metres; he also ascribes it to the influence of the heated, stagnant, and corrupted air which is breathed in deep valleys, as in those parts of the valleys which have a freer ventilation, and where they open out into plains, the complaint is less common. That the principal cause of the disease, where it prevails endemically, is referable to the quality of the air inspired, the anatomical and physiological connexion of the thyroid gland with the vocal and respiratory organs would lead us to believe; and the opinion is corroborated by the observations of many of the professional men resident in those districts where it prevails. As a proof of the influence of humidity in promoting its formation, it may be mentioned, that in dry and cold weather it is not unusual to see the goîtres diminish in size. It has been attributed by some to the drinking of snow-water; but the inhabitants of many valleys in elevated situations, and also in some parts of Russia, drink nothing else but snow-water during a great part of the year, and yet they are not liable to goître; but in the Haut Valais, where the combined causes of marshy exhalation and imperfect ventilation prevail in the highest degree, the most aggravated form of the disease, cretinism, is met with; in other localities, where the operation of these causes is not so constant, cretinism is more rare, and the milder form, or goître, principally obtains. This is well exemplified in the valley of the

Rhone, which widens below Riddes, where the mountains likewise are less high, and cretinism is less frequently met with, though persons with goîtres are still seen. Below Martigny, however, where the valley is wide, the mountains low, and the earth more cultivated, even goître becomes comparatively rare, and in proportion as you approach the lake of Geneva, the inhabitants have a more healthy and cheerful appearance. Even in the Haut Valais, however, cretins are at the present day less frequently seen than formerly, which I suspect depends upon their being kept more out of sight than upon any material diminution of their number.

The scenery in several parts of the valley of the Rhone is highly interesting. Sion, the capital of the district, looks well from a distance, and its two castles, now in ruins, crowning commanding eminences, produce a good effect. The position of Martigny is likewise striking. Placed in a nook at the base of steep mountains, it is the point at which the roads meet from the great St. Bernard; and from Chamouni by the Tête Noire and the Col de Balme. Not many miles from Martigny, but on the opposite side of the valley, the town of Leuk is seen from the road on the acclivity of the mountain. The baths lie up the gorge between the mountains, about three miles from the town, at the foot of the Gemmi. They are thronged during the season—chiefly, however, by the Swiss, who are afflicted with rheu-

matic and paralytic affections. The baths form four squares under one roof, and are separated from each other by canals, through which water flows fresh from the springs, and is drank by the patients while in the bath, in which it is customary to remain during four, six, or eight hours every day; a large number of persons, therefore, of both sexes, bathe together at the same time, each being clad in a flannel gown and tippet, and several having before them small floating tables, to hold their handkerchief, books, snuff-box, &c. The springs contain but a minute quantity of saline substances; the temperature is about 45° R.; and there is little doubt that to the continued impression of the warm water upon the surface for several hours daily their efficacy is to be principally ascribed.

CHAPTER X.

GENEVA—AIX LES BAINS—TURIN—COL DI TENDA—BERNE—INTERLACKEN
VENICE—PASS OF AMPEZZO—INNSPRUCK—KREUTH.

THE mountains at the upper part of the lake of Geneva present a fine bold aspect. The climate of this part is said to be extremely mild and salubrious, and several lodging-houses have been constructed within the last few years above Villeneuve, to which invalids from various parts of Switzerland are in the habit of resorting on the approach of winter. The castle of Chillon looks well from the water, and, with the mountains in the back ground, forms a striking picture. Vevay is a neat, clean, quiet town, and an agreeable retreat for a few weeks in the summer. It is a good deal frequented by those persons who undergo the *cure des raisins*, which consists in the eating plentifully of ripe grapes, to which bread is added, with a moderate quantity of animal food once in the day. This treatment is not unfrequently productive of marked beneficial effects in various states of disordered health, especially those which depend upon a vitiated condition of the fluids, or excessive delicacy of

the mucous membranes of the air-passages and alimentary canal, accompanied with glandular enlargement. Lausanne, the capital of the Pays de Vaud, is one of the towns of Switzerland most frequented by strangers, both for a permanent residence, and for a few weeks or months in the summer. It stands in an elevated position about a mile from Ouchy, on the lake, and possesses several resources for amusement and occupation. The environs are pretty, and from the public promenade a delightful prospect may be enjoyed of the greater part of the lake, with the chain of high Alps. Lausanne, though perhaps less agreeable than Geneva, is a cheaper place of residence, and affords greater facilities for the education of young people.

Geneva is much improved in appearance within the last few years. The quays have been widened by the removal of several old buildings, which are replaced by large and handsome edifices. The town, however, has but little beauty in itself, but derives its chief interest from its historical associations, its position, and the beauty of its promenades and environs. The Genevese are in general well informed and agreeable; society is upon an easy footing, and free from all formality. Evening *réunions* and tea-parties are very common, to which ladies go on foot, accompanied by a female servant to carry their shawl, cloak, or pattens, in wet weather, and to light them home. Literature and science are a good

deal cultivated, Geneva having been the birth-place of several *savans*, and the place of residence of many eminent men. Between three and four thousand of the inhabitants are employed in the watch-making business. Geneva, with its environs, is perhaps the most eligible locality in Switzerland for a summer residence; many of the villas are let to the English, by whom the numerous hotels are thronged till the period of autumnal migration to the south. The climate in winter is cold and changeable; even in the month of October a good deal of rain frequently falls, and fogs are not uncommon in the evening.

Chambery, the capital of Savoy, and the principal town on the roads from Geneva and Lyons to Turin, lies in a picturesque country watered by the Isère, apparently close to the Alps, which, however, are several posts distant. Those travellers unencumbered with a carriage may descend the Rhone in about eight hours to Lyons, whereas by land double that time is required. A small steamer is stationed on the lake, a few miles from Chambery, to which a railroad conducts, and performs the journey two or three times a week; but, owing to the rapidity of the Rhone, it requires two and sometimes three days to return.

Aix les Bains is two leagues from Chambery, on the Geneva road, and contains a population of four thousand inhabitants. It lies in a beautiful situation, and the more elevated parts of the environs command extensive and delightful

prospects. These baths have been frequented from the time of the Romans, and are in high repute in the present day, as being among the most efficient hot sulphurous waters of Europe; and are especially calculated to remove long-standing rheumatic, paralytic, and cutaneous diseases. The casino, or assembly and billard-rooms, occupies an ancient building, supposed to have been built on the site of a temple of Diana, of which some vestiges may still be seen. The bathing establishment contains two piscinæ, or lofty vaulted chambers, about fifteen feet square, fitted up with douche apparatus at various heights from the ground, in order to regulate the degree of force with which the water falls upon any part of the body. The douche forms an essential part of the treatment of most of the cases to which the Aix waters are applicable. It is not, however, the custom to take the bath and douche at the same time, as at other places, as the water does not rise more than a few inches from the floor. The so-called sulphur spring flows directly from the rock (which at this part is hewn out in the form of a grotto), and is used for drinking. There is also another department, termed d'Enfer, from its being below the surface, and the water being hotter than the other springs. The piscinæ are constantly filled with vapour, so that patients have the advantage of a vapour bath at the same time as the douche. There is, however, but little convenience for

dressing, and on this account only one person can bathe at a time. A fourth vaulted chamber adjoins the preceding, and is furnished with douches and a shower bath, which is a good deal employed in some nervous complaints. The modern part of the establishment, called the *Thermes Albertines*, contains six chambers for douching—the pipes being arranged so as to allow the water to fall upon the part either in a full or divided stream—a large public bath, with a depth of water of four or five feet, supplied by the alum and cold springs, and principally used as a pleasure-bath for persons in health or weakly children: in the centre of the building is an apartment, around which are ten cabinets supplied with a douche, and having the floor perforated to allow the ascent of vapour, so as to be used either for douching or as a vapour-bath. There are besides six other cabinets for water-baths. Friction of the surface is employed conjointly with the baths and douches, for which purpose male and female rubbers are in attendance.

From Chambery to the handsome and strongly-fortified town of Grenoble, which, though in a fine mountainous position, presents little to delay the traveller, is a drive of about six hours. Diverging from this route, the *Grande Chartreuse* may be visited; access is, however, only obtained on foot or horseback, by a path between steep mountains. The scenery altogether is

highly picturesque, but the position of the building is bleak. It is the largest monastery in France; though the number of monks is now much diminished.

After a few hours' drive from Grenoble, Valence, on the Rhone, may be reached by the passage of Les Echelles, or, if the traveller be proceeding to Italy from Chambery, he will pass the Mount Cenis; the country is, for the most part, uninteresting. In the wild and sterile valley of the Maurienne, enclosed between steep mountains on each side, goîtres and cretinism were formerly very prevalent, but, owing to the improved drainage and increased cultivation, are now comparatively unfrequent. The ascent of the mountain commences immediately after leaving Lanslebourg; but this road is less interesting in point of scenery than most of the other Alpine passes, though there are some fine parts on the Italian side, where the mountain is excavated in grottoes. At Susa you descend to the plain, and shortly afterwards arrive at Turin.

This city lies in an open and fertile country, watered by the Po, which is crossed by a handsome bridge. It is regularly built, the streets are spacious, and at right angles with each other, the principal ones diverging from the square, in the centre of which stands the Royal Palace, which does not contain much that is remarkable. The houses in the square, and in several of the streets, are built upon arcades, which enable the

inhabitants to take exercise in wet weather. There are in Turin but few objects calculated to interest the tourist; the church of the Superga, on one of the hills, five miles from the town, will, however, repay the trouble of a visit, by the delightful and extensive prospect which it commands of the Alps and of the plain.

Those persons proceeding further into Italy, and desirous of seeing some of the most magnificent and wild Alpine scenery, will derive much more gratification from taking the route to Nice by the Col di Tenda, and from Nice to Genoa by the Cornice, than from going direct from Turin to the last-named town.

After having passed through Coni, a fortified town of some importance, you arrive at Limone, whence a winding ascent leads to the summit, which commands a prospect of the Alps, with Monte Rosa high above the rest. The summit of the pass is strictly a col or neck, being little more than a narrow ridge, whence may be perceived, immediately beneath, the road descending the steep sides of the mountain, by numerous zigzag and corkscrew-like turns. On account of the exposed position of the pass, high winds are very common, and the snow is generally thick upon the road from the beginning of November till the end of May, so as almost to interrupt the communication.

Tenda, at the foot of the pass, is a miserable and dilapidated looking town, beyond which you

pass through some fine scenery, and the wildly romantic gorge of Saorgio; the road being cut for miles along the edge of the torrent, and frequently through rocks, which impeded its construction. The town of Saorgio is perched upon the acclivity of one of the mountains. Its castle completely commands the defile, and made efficient resistance to the French during their occupation of Piedmont. The scenery from Saorgio to Chiandola continues to be of the most interesting description. You then ascend another mountain pass, exceeding in savage grandeur, and in the desolateness of its appearance, that of Tenda, and descend to Sospello, between which town and the plain of Nice there lies yet another mountain, the scenery of which is of the same wild character as the former, the road being in several parts cut through rocks of granite and marble. From the summit is obtained a glance of the Mediterranean, with the harbour of Villa Franca, and the island of Saint Marguerite. After passing through the village of Scarena, the road gradually descends to the regions of fertility, and approaches Nice through olive plantations and orange gardens.

Proceeding northward from the lake of Geneva to Basle, the traveller is obliged to employ a *voiturier*, the only post-roads being those from Geneva to Simplon, and from the lake of Constance to the Splugen.

The route to Berne by Morat passes through a

hilly and pleasing country, embellished with numerous cheerful-looking farm-houses, the inhabitants exhibiting every appearance of comfort and content. A plain pillar on "the proud, the patriot field" of Morat, marks the spot where the bones of the Burgundians lie unsepulchred. Berne is the handsomest town in Switzerland, and is one which enjoys the greatest advantage with respect to the beauty of its situation. It is placed on the declivity of a hill, round the base of which the river Aar makes a considerable bend. The streets are spacious, extremely clean, and the houses are built on low arches, somewhat like those of Padua.

A stream of clear water runs through a small canal, along the centre of each street, supplying several neat fountains, most of which are adorned with the statue of Winkelried, or some other hero of Swiss history. There are several agreeable terraces and public promenades in the town and in the environs, commanding magnificent prospects over a vast extent of highly cultivated and richly wooded country, above which the long range of the Bernese Alps, covered with snow, raise their majestic peaks, and form the most splendid and striking feature in the scene.

A drive of about six hours from Berne, through a beautiful country, brings the traveller to Interlaken, situated in one of the pleasantest valleys of the Oberland, and much frequented in the summer by English visitors, the number of

whom had so much increased, that the size of the village is more than double what it was a few years ago. Several new boarding-houses have also been erected at Unterseen, a small town about half a mile distant from Interlaken, and, like it, deriving its name from its position with respect to the lakes of Thun and Brienz.

The Jungfrau, with other "thrilling regions of the thick-ribbed ice," rise immediately above the valley; whence the small cross, planted on its summit by the party who first ascended, may be seen with the naked eye in clear weather. Interlaken is a central spot for excursions among some of the sublimest scenery of Switzerland, though less eligible as a summer residence for an invalid than Geneva and its environs (especially if the weather should chance to be bad), on account of the want of resources.

The country between Berne and Basle is less hilly, but, like that between Berne and Lausanne, teems with fertility and population. Basle is a large manufacturing town, which contains no remarkable public edifices, and derives much of its importance from being close to the French and German frontier. It is divided into two unequal parts by the Rhine, which is here of considerable breadth, and is crossed by a wooden bridge. Here the traveller joins the railroads, running on both banks parallel with the Rhine. If he do not desire to visit the cathedral at Strasburg, he need not make the *detour* into France, but

may pass by Freyburg, a handsome town, with a fine cathedral, and worthy a brief delay. Before proceeding, however, into Germany, some notice must be taken of Venice; between which and Milan the railroad will shortly be completed, being now open from the former city to Vicenza.

The lagoons, or shoals, upon which stands Venice, formed by the earth deposited from the rivers, which, descending from the Alps, empty themselves into the head of the Adriatic, may, as a traveller has observed, be compared, with reference to this sea, "to a side closet shut off from a room by a partition." This partition, which divides it from the open sea, is composed of different pieces with apertures between them, which, if we pursue the same comparison, may be considered as so many doors; and in a line with these openings, though not uniformly straight, are the channels by which vessels approach Venice. The largest of these channels, or the Grand Canal, is crossed by one bridge, the Rialto, the only other communication between the two parts being by means of gondolas; and, as the same author further observes, the city itself "may be considered as divided into two principal parts, made up of small islands, and each part separated from the other, except at this bridge. The different shoals, constituting the two great separate parts, are again connected by smaller bridges, which cross the canals by

which the numerous islands are formed. These bridges are frequent, and, being very steep, they are cut into easy steps; hence, in walking about Venice, you are constantly going up and down flights of steps. The Rialto, being the highest bridge in the town, is also the steepest. The small canals, or *rii*, as they are termed, which are crossed by these bridges, are the water streets of Venice; but there is no part of either of the two divisions to which you may not also go more directly by land through narrow passages called *cale*. These *cale* may be considered as an unfavourable likeness of Cranbourn-alley and its cognate lanes. There are besides several small squares, called *campi*, or fields." *

The above quotation will serve to give a good general idea of Venice, of which the aspect of parts is familiar to many who have not visited it, from the accurate representations in Canaletti's pictures. The appearance of the city, which seems to arise from the water on approaching from the main land in a gondola, and the entrance by the Grand Canal, are eminently calculated to strike the traveller

"Che Vede

Di marmi adorne e grave

Sorgor le mura, onde ondeggian le navi ;"

as is likewise the silence which prevails, and is scarcely interrupted save by the warning sound ever and anon uttered by the gondoliers on turn-

* Rose, as quoted in "The Classic and Connoisseur in Italy."

ing a corner ; for singing, or the recitation of Tasso's verses, no longer constitutes a part of their vocation :—

“No answering gondolier at close of day
Takes up Medoro's tale or sweet Erminia's lay.”

The most handsome palaces are built along the canal ; some of them are almost literally “crumbling to the shore,” and others are appropriated to the use of government, or let to strangers, there being few of the descendants of the old Venetian families now remaining, and those, for the most part, are in an impoverished condition. The expulsion of the Austrians, and the re-establishment of a republic, or an independent form of government, may, however, possibly tend to restore to Venice somewhat of its former importance.

St. Mark's Square will probably be the first spot to which the visitor will direct his gondola ; this, being the only open place for walking, is thronged in the evening with the inhabitants and strangers, several of whom are dressed in the eastern costume, lounging beneath the arcades or in the *cafés*. This square is still, as indeed it has always been, celebrated as the scene of pageantry, and exhibitions both of joy and mourning :—

“The sea, that emblem of uncertainty,
Changed not so fast, for many and many an age,
As this small spot. To-day 'twas full of masks ;
And lo ! the madness of the carnival,

The monk, the nun, the holy legate masked !
To-morrow came the scaffold and the wheel,
And he died there by torch-light, bound and gagged,
Whose name and crime they knew not."—*Rogers.*

The church, occupying one end of the square, is of a mixed style of architecture, and is surmounted by five domes, somewhat after the manner of the Turkish mosques. The interior is rather sombre, notwithstanding the decorations of gilding, mosaics, and marbles, with which it is profusely ornamented. Adjoining is the Doge's Palace, which takes up one side of the Piazzetta. The appearance of the grand council-chamber is interesting. It contains some fine historical pictures by Tintoretto and Palma Vecchio, with portraits of the Doges around; one space being covered with a black pall instead of the picture of Marino Faliero.* The chamber of the Council of Ten, and other apartments, are likewise embellished with paintings by Titian and other painters of the Venetian school. The prisons, termed *pozzi*, or wells, to which the entrance is by the Bridge of Sighs, will be visited with interest.

Venice is only excelled by Rome in the number and magnificence of its churches. The Redentore, with the adjoining Dogana, presents a striking appearance from the water, or from the opposite side of the canal, as does also the

* See Notes to *Childe Harold*.

Church of the Salute, which, as well as the former, were erected by Palladio, on the occasion of the cessation of the plague. Its interior is richly decorated and embellished with some fine paintings; the Jesuits' Church is likewise richly adorned with variegated marbles and precious stones. The churches of St. Giorgio and St. Giovanni e Paulo must likewise be enumerated among those most deserving of a visit. In the Academia di belle Arte is a choice collection of pictures and other interesting objects. Of the private collections, the Barberini and the Manfrini are the best; in the first are several Titians, portraits of Doges and members of the family; as also a Magdalen, a Venus, and Titian's daughter, which rank among the *chefs d'œuvres* of this master. They are, however, rapidly falling into decay. The Manfrini collection is better preserved; a few of the best pictures are the Prodigal Son, by Guercino, which is the counterpart of the picture of the same subject in the Borghese Palace at Rome; portrait of a Dutch Ambassador, by Rembrandt; the Defiance of Apollo; and Lucretia, by Guido; portraits by Titian, especially that of Ariosto; Circe presenting the cup to Ulysses, by Giulio Romano; a Holy Family, by Palma Vecchio.

A walk of about half a mile from St. Mark's, along the quay, interrupted by the ascent of several bridges, which cross the smaller canals, leads to the arsenal, which, however, in its

present state, will scarcely repay the trouble of a visit. In the same direction is a wide street, formed by covering over a canal with flag-stones, which leads to the public garden constructed by orders of Napoleon, about half a mile long, and planted with trees and shrubs. On an island opposite stands the Armenian Convent, an interesting establishment, which is well worth visiting.

The Campanile, in St. Mark's Square, should be ascended, in order to enjoy the view of the city, the islands, the Adriatic, and the distant Alpine chain.

The most interesting route from Venice to Innspruck, as well as the most direct, is by the Pass of Ampezzo. The road is in excellent condition, but there is as yet no public conveyance. Leaving Mestre on the main land, you pass through a beautiful and fertile plain, with villas and gardens on either side of the road, especially about Treviso, where the people are good-looking, many of the women being remarkable for their beauty, which is heightened by their becoming costume. Ceneda, the termination of the first-day's journey, *en voiturier*, lies in a picturesque situation at the foot of the Alps, and between gently-rising verdant hills, on the highest of which are the remains of a castle. Shortly after leaving this small town, a gradual ascent commences between mountains, wooded at their base, and terminating in lofty snow-covered

peaks. From Seravalle to Longarone the road is, for the most part, level. The town of Belluno lies a few miles on the left. After Longarone is a gradual ascent to the next post, Perarolo, which lies at the base of a mountain, from whence the ascent to Venas presents a succession of varied scenery, equal to some of the most picturesque parts of Switzerland. The drive from Venas to Ampezzo, and through the defile, likewise exhibit views of the highest order of sublimity and beauty; the numerous masses of bare rock of various hues, with snow-tipped peaks, forming a series of striking contrasts with the wooded acclivities of the mountains. From Ampezzo to Landro, a drive of three hours, the interest of the scenery is scarcely surpassed by that of the most celebrated Alpine passes.

Shortly after leaving the latter town, you emerge upon the beautiful Pusterthal, in the Tyrol, which, from the high state of cultivation, and the neat appearance of the numerous farm-houses and cottages, appears to be the abode of peace and contentment.

Brunnecken, the chief town of the district, lies in a picturesque position; some miles beyond which, at the entrance of a narrow defile, a new fort, with extensive fortifications along the heights, has lately been constructed by the Austrian government, and would form an insurmountable impediment to the passage of a hostile force.

After a succession of ascents and descents, you arrive at Sterzing, a neat town on the high road from Verona to Innsbruck, and at the foot of the Brenner, which is the lowest, and least interesting, in a scenic point of view, of the passes of the Alps. Before arriving at Innsbruck, however, you have to cross the Schönberg, which well deserves its name for the beauty of its scenery, and also from the view presented from its summit of the town, and numerous detached houses scattered along the valley of the Inn, the verdure of which pleasingly contrasts with the dark, rugged, and snow-tipped masses of the Alpine chain, extending from east to west, and forming an apparently impassable barrier.

Innsbruck, the capital of the Tyrol, contains about 14,000 inhabitants, and is a handsome clean town, the appearance of which is greatly improved within the last few years. The view along the principal street is striking, most of the houses being white-washed, several new buildings having lately been erected. The quays along the Inn, as well as the public garden, have likewise been enlarged and embellished. This river is here about half as wide as the Thames at Westminster. From the centre of the bridge a magnificent prospect may be enjoyed up and down the valley, and of the lofty mountain ranges on either side. Innsbruck possesses two handsome churches, the Frauenkirche and the Hoffkirche, in which latter is the splendid tomb

of the Emperor Maximilian, and colossal bronze figures of several sovereigns of the early ages, among which are Clovis, Godfrey of Bouillon, Charles the Bold, Rudolph of Hapsburg, with other well-known historical personages. A statue to the memory of Hofer has recently been placed in this church over his tomb. The museum likewise contains several objects of interest, and will well repay the trouble of a visit.*

On leaving Innspruck for Bavaria, the traveller descends the valley to Schwatz—a neat town on the road to Salzburg. The Castle of Ambras stands on an elevated position, a few miles from Innspruck, and looks well from a distance, but does not now contain any object of interest, the rich collection of ancient armour, &c., having been removed, a few years ago, to Vienna, and forms one of the sights of the capital best worth seeing. Hall, celebrated for its salt-works, also lies on this road. From Schwatz an indifferent cross-road, in many parts too narrow to admit of two carriages passing each other, leads to Achantal and its lake, which is surrounded by magnificent scenery; in some parts lofty and sterile mountains rise perpendicularly from the water, as at the lake of Wallenstadt.

After about four hours' drive from the head of

* The Tyrolese were always faithful adherents of the House of Hapsburg; the Emperor was consequently induced to select it for an abode on quitting Vienna, on account of the recent disturbances.

the lake, through a highly picturesque country, where the inhabitants appear to have lost none of their primitive manners and hospitality, you arrive at the beautiful lake Tegernsee, at the base of the Alps, which is greatly resorted to in the summer months by the higher class of Bavarians. The town at the extremity of the lake affords excellent accommodation, and the surrounding scenery is beautiful and varied.

The watering-place Kreuth, which is likewise greatly resorted to by the inhabitants of Munich, lies more among the mountains, about two hours' drive from Tegernsee. It consists of two large lodging-houses joined together, a public room, or Cursaal, with baths and outhouses. Not more than two hundred persons could be accommodated at the same time. Many of those who pay it a visit are induced to do so as much on account of the purity and bracing qualities of the air as for the waters, which do not possess any very efficient medicinal properties. A great proportion of the invalids labour under pulmonary complaints, and drink goats' milk or whey (*molkenkur*), which is combined with the use of the baths.

From Tegernsee to Munich the country is flat and devoid of interest to the passing traveller. This road from Innspruck should not be selected by persons who are encumbered with a carriage: the post-road to Munich, though somewhat shorter, is less interesting.

CHAPTER XI.

MUNICH—PUBLIC BUILDINGS—CLIMATE—THE DANUBE—GASTEIN—
VIENNA—CAVE OF ADELSBERG—TRIESTE.

THERE is, perhaps, no city where so much has been done in the way of embellishment and the erection of public buildings of late years as at Munich. The modern part presents a strong contrast with the irregularly built old town and its antique-looking houses, the new streets being regular, wide, and well paved, consisting, for the most part, of palaces and private houses, three stories high; several of them having a garden attached. The style of architecture of the new public edifices is chaste and peculiar, and the interior decorations are exceedingly rich and tasteful, the whole having been designed by King Louis, and executed by Von Klenze. His Majesty, indeed, was ever a great patron of the fine arts, on which account Munich is much resorted to, both by native and foreign artists. The circumstances attending his recent abdication, from his disinclination to identify himself with the new order of things, are still fresh in the public mind. The present king is of an amiable

disposition, liberal in politics, and, as Crown Prince, was always very popular. He speaks English remarkably well, as do also the majority of the upper class of Bavarians, among whom French is comparatively little spoken.

Of the public edifices, the Pinacothek first merits notice, both on account of its intrinsic beauty, and of the magnificent collection of pictures which it contains, especially those of Murillo and Rubens, and which many persons prefer to that of Dresden ; but I shall, as on former occasions, abstain from description, which, indeed, would be superfluous after the minute and correct accounts given in the "Hand Book for Southern Germany," and merely enumerate as a few of the paintings which more particularly attracted my attention, the following:—The Saviour Bearing the Cross, by Albert Durer ; Misers, by Matsys ; Heads of an Old Man and Woman, by Denner ; a Burgomaster of Antwerp and his Wife, by Vandyck ; the Interior of a Church, by Delorme ; Portrait of a Turk, by Rembrandt ; by Gerard Dow, a Mountebank ; a Hermit, an Old Woman Spinning, a Young Woman Knitting at a Window, and a Portrait of himself ; the Fallen Angels, by Rubens ; Rubens' Wife ; the large picture of the Last Judgment ; a Madonna and Infant ; the Murder of the Innocents ; a Priest holding a Skull, Mieris ; a Girl with a Parrot ; a similar subject, by Netschar ; Peasants Quarrelling, by Ostade ;

three small pictures by Teniers; Beggar Boys Eating Fruit, a *chef d'œuvre* of Murillo; also a Girl Buying Fruit, scarcely inferior to the former; Marine Views, by Vernet; Madonna and Child with a Lily, by Carlo Dolce; also St. Agnes, the Madonna, Infant St. Joseph, and a Monk, by Titian; Portrait of a Lady, by Paris Bordone; the Saviour Crowned with Thorns, by Guercino; Madonna and Infant, by Raphael; Mona Lisa, by Leonardo da Vinci.

In the Leuchtenberg collection will be more particularly remarked Murillo's Madonna and Infant, a *chef d'œuvre*; Sunset, by Salvator Rosa; his own Portrait, by Rembrandt; Madonna and Child on the Ground, by Correggio; the Woman taken in Adultery, by Guercino; a Student, by Gerard Dow; and a half-length Portrait of Petrarch's Laura, which will certainly disappoint the expectations of those who expect to see the picture of a handsome woman, there being no traces of the

"Crespe chiome d'or puro lucente
E'l lampeggiar dell' angelico riso,"

nor of the

"Begli occhi che i cor fanno smalti,"

which are so frequently and plaintively apostrophized by the Poet; Laura may, however, have sat for this portrait when somewhat advanced in life. Here are likewise two of Canova's best works—the Graces and the Magdalen.

The Glyptothek, or gallery of statues, is an elegant structure of white stone, which is the first object that attracts the traveller's attention on entering Munich from Augsburg. The interior is richly and tastefully decorated, the ceiling of each apartment being composed of stucco-work of a different design and colours, white and gold, or green and gold, being the most predominant; the walls are plain scagliola, and the floors of variegated marbles. The statues, too, though not very numerous, are select, and are placed so as to be exhibited to the greatest advantage. Among them are the celebrated Egina marbles, the Barberini Faun, Ilioneus, Jason, and other choice pieces. The last room is appropriated to modern sculpture; it contains the Paris and the Venus of Canova, a bust of Napoleon, and of the king, by Thorwaldsen.

The Royal Palace is likewise decorated in a rich and peculiar style, with carving and fresco-painting, which, from the encouragement afforded by the ex-king, has been brought to great perfection in Bavaria. The floor of each apartment is inlaid with woods of different colours, and, contrasted with the frescoed ceilings and walls, produces a rich effect. The large bronze-gilt statues of former sovereigns, adorning the throne-room, likewise afford indication of the taste of King Louis, by whom the art of bronze-gilding has been revived and perfected.

On one side of the Palace is the Hof-Garten, a large space, planted with trees, where the military bands frequently play in the afternoon, and enclosed between arcades, the walls of which are painted in fresco, with views of Italy and Sicily, or illustrative of the history of Bavaria.

On the other side is the principal square (with the bronze statue of the late king, seated, in the centre), in which are the new post-office and the theatre, which is connected with the palace by a covered gallery, so that the king can go from one to the other without going out of doors. The theatre is one of the largest and handsomest in Germany, and is well calculated for hearing. The *corps dramatique*, both in the operatic and tragic department, is excellent. The performances here, as in other parts of Germany, begin about six, and seldom last more than four hours.

The love of music, though universal in Germany, is, perhaps, greater in Bavaria than elsewhere, and is more diffused among all classes. Military bands play almost daily at stated hours. Public and amateur concerts are given about twice a week in the winter, in the Odeon, or one of the other large rooms appropriated to the purpose, and to balls, which are also of frequent occurrence, the love of dancing being no less general than that of music, though little else than the waltz is seen. The Germans seem to like dancing purely for its own sake; many

scarcely speak a word to their partners during the whole time, and hand them to their seat immediately after the waltz or gallopade is over; whereas, in England, conversation is the chief inducement with a large proportion of the gentlemen who stand up to dance; hence quadrilles are so much more general. Waltzing may be seen to greater perfection in Vienna and Munich than elsewhere. In the Rhenish countries it is but indifferent.

There are, besides, numerous houses of entertainment in the environs of Munich, as of most other German towns, where inferior shopkeepers, soldiers, and others of the lower classes resort, in the summer evenings and on holidays (which are numerous), to dance and drink beer or tea. The movements of the dancers are generally more active and energetic than elegant, and in many of them profuse perspiration is induced by their exertions. A love of pleasure is, in fact, predominant among the inhabitants of Southern Germany, and great laxity of morals is said to prevail, especially in the two last-mentioned cities. There is, however, in general, more *heart* among the Germans of all ranks than in some other civilized countries which could be named, and strangers, properly introduced, are, for the most part, cordially received. Society is less exclusively divided into coteries at Munich than at Vienna, where, however, it is less so than many persons have imagined, from reading

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the account given of the Viennese, by Mrs. Trollope, a few years ago.

The churches in Munich exhibit a great variety with respect to architecture. The cathedral, with its two large brick towers, is a heavy-looking structure; its interior is plain, and rather sombre. St. Michael's Church is built more in the Italian style, and resembles, interiorly, several of the churches of Rome and Florence. The Church of the Theatines is one of the most prominent public edifices; in its interior it is profusely ornamented with stucco-work. The two most interesting churches, however, are the newly-erected one in the suburb Au, and the All Saints' Church, behind the palace. The contrast between these is very striking, not only the style of architecture, but also the internal aspect, being totally different. The former is a light gothic edifice, plain internally, almost the only decoration being the finely painted glass windows: the art of painting on glass having now been brought to a state of great perfection under the auspices of King Louis. The All Saints' Church has a handsome and chaste appearance exteriorly; internally it is embellished with fresco paintings and arabesques, which produce a rich effect without being gaudy, though perhaps less calculated to excite feelings of devotion than the plain or gothic style. The Protestant Church is a neat edifice, contrasting with the other churches in the style of its architecture, and

forms the most prominent object of one of the Places.

The new building for the library is one of the handsomest in Munich. The collection of books is said to be the largest in Europe after the Bibliothèque National at Paris. There is likewise a large collection of ancient manuscripts, and finely-illustrated Bibles and missals. Strangers, who have a proper recommendation, are allowed to take home for perusal any books they please.

Munich is the seat of an university, where, however, there are but few students from other parts of Germany.

The hospital, immediately outside of the town, is a handsome modern building, the interior disposition of which will afford gratification to the casual visitor, and might serve as a model for similar institutions in other parts of the Continent. It is principally supported by a trifling tax, levied among the townspeople, to which servants and others of an inferior order contribute, and when ill thus acquire a claim for admission. The wards are small, but clean and airy, being disposed along spacious corridors; each contains about twenty beds, the total number of beds being about four hundred.

Munich is comparatively free from epidemics, and is, on the whole, a healthy place of residence. The most prevalent diseases are thoracic inflammations, gastric and nervous fevers, rheumatism, and scrofulous complaints. The state of medicine

and surgery, though superior to Vienna, is inferior to Berlin. Diseases of the eyes are likewise prevalent. These, as well as the surgical department at the hospital, were formerly under the direction of Professor Walther, who enjoys a well-merited reputation as a surgeon and oculist.

Near to the hospital is the spacious public Cemetery, containing several handsome marble monuments, hung with chaplets of flowers; which are likewise cultivated in patches of earth between the graves. At the further extremity is a semicircular colonnade, with central rooms, where the dead lie exposed—generally dressed in their gayest attire, with bouquets of flowers placed in their bosom—for about twenty-four hours. This practice is pretty general in other parts of Germany.

The public prison will repay the trouble of a visit to those who feel an interest in such matters. There are several workshops, as manufactures of cloth, articles of clothing, &c., on which the prisoners are employed, complete silence being enjoined. A certain share of the proceeds is allotted to them, so that when their time of imprisonment expires, they may not be altogether destitute. The punishment of death very rarely takes place in Bavaria, as no one can be executed, however strong the evidence, unless the culprit acknowledge himself guilty of the crime of which he is accused. Those who are convicted of the more atrocious crimes are

confined for a series of years or for life, or are employed in the public highways, each having the legs chained so as to prevent escape. Some of these criminals are confined in ill-ventilated cells, scarcely large enough to contain the four individuals who are lodged in each, with iron bolts attached to their legs; in the day-time their beds are placed upright against the wall, and they are occupied in carding cotton, never being allowed to leave their cells, to the unhealthiness of which their countenances bear the strongest testimony.

Among the other objects of interest in Munich is the Museum, which contains the Brazilian collection of arms, dresses, insects, flowers, &c., brought over by Dr. Von Martius, one of the most distinguished of the Bavarian *savans*, who, several years ago, accompanied Dr. Spix on a scientific expedition to the Brazils. Schwanthaler's studio contains some good specimens of sculpture.

The bronze obelisk in the Carolinen Platz, erected to the memory of the 30,000 Bavarians who perished in the Russian campaign, seen from a distance, especially when the sun is shining upon it, has a rich golden appearance. The colossal statue representing Bavaria, 56 feet high, outside the city, will be seen with interest.

An extensive park, continued from the Hofgarten, and termed the English garden (through which the water of the Isere is diverted to supply

an extensive lake), is the usual place of resort for equipages and pedestrians. It is in many parts shaded by fine rows of trees, and in some measure compensates for the want of interest in the environs of the city.

The railroad, which has been some years open to Augsburg, whence it is in process of construction to Stutgard and the Rhine, is continued in the northern direction through Nuremberg and Bamberg, whence the line will, ere long, be completed to Leipsic, thus forming steam communication with Belgium, Paris, and London, on the one hand, and with Cracow, Warsaw, and the Baltic, on the other.

In point of climate, I consider Munich less objectionable than most other German capitals, for, although the snow usually lies thick upon the ground for three or four months, and the thermometer is often several degrees below the freezing point, yet the sky is generally clear, and, considering the elevated position of the city (the highest in Europe except Madrid), there is but little wind; the cold is consequently rather bracing and salutary than the reverse. Sledges here, and at Vienna, are in constant use, some of them being very handsomely painted, and the horses gaily caparisoned.

The most unpleasant sort of weather is in the spring, during the thaw, when also rain frequently falls, and walking in the streets is almost impracticable. The houses are well-adapted to

exclude the cold, being for the most part furnished with double windows, and warmed by stoves, which, though preventing drafts of air and imparting to the apartment an equable temperature, yet disagree with many persons not accustomed to them—causing head-ache and other unpleasant symptoms. In summer the heat is at times oppressive, and the more so, from the deficiency of shade in the environs. Though a winter residence at Munich would not be recommended to delicate invalids, it would agree well with many patients affected with nervous disorders, which a more relaxing climate (as Italy) would tend to aggravate.

About sixteen hours are required for the journey by road from Munich to Ratisbon, which town, however interesting it may be from its historical associations, would offer little inducement to the traveller for delaying his departure. Steamers descend the Danube in two days to Vienna, arriving the first day at Linz. Ratisbon and the adjacent territory belong to the Prince of Tour and Taxis, who has a chateau in the neighbourhood, near to which stands the Valhalla, a temple erected by the King of Bavaria, of the same dimensions, and of a similar style of architecture, as the Parthenon at Athens, and containing statues and busts of the most eminent characters to which Germany has given birth. From the elevated position of the Valhalla, a good view of the course of the Danube, and of

an extensive tract of country, may be enjoyed. The building itself, composed of white stone, is seen from a considerable distance, and produces a fine effect. Von Klenze, the celebrated architect under whose superintendence most of the modern buildings of Munich have been constructed, had likewise the formation of this magnificent monument.

The current of the Danube is more rapid than that of the Rhine, and the river is exceedingly shallow in many parts, which were obstacles to the establishment of steam-boats till within the last few years, when iron ones, which require but little depth of water, were constructed for the purpose. The scenery is in many parts highly romantic and picturesque, the country wild, and but thinly populated. Ruined castles, shrines, and richly endowed monasteries, are ever and anon seen in conspicuous positions on the banks. Among these the bold ruins of Durenstein (the prison of Cœur de Lion), and the convents of Molk and Neuburg, occupying commanding positions, will particularly attract attention. The towns and villages are few and far between.

Lengthened description is not intended in this work; nevertheless, being unwilling to dismiss the Danube with a mere cursory notice, I will deviate from my accustomed course, and subjoin a brief sketch of its scenery from the pen of a graphic writer:—"A little beyond Passau the bed of the river became suddenly

contracted, and the roaring torrent forced its way onward with considerable violence. In some places the nearly perpendicular rocks were entirely destitute of vegetation, except a few stunted shrubs: again, another magic sweep expanded it into an extensive lake, overhung by majestic hills, covered with every description of foliage, from the wide-spreading oak to the spire-like pine on the summit; cascates were bounding from branch to branch, covering the leafy mantle as it were with diamond spangles and wreaths of crystal, and then foaming into the watery abyss—and thus the scenery continued, with but little variation, till we came to Engelhardzell, the first town of Austria.

“The morning we left Engelhardzell I had an opportunity of seeing for the first time one of the Danube fogs, which hung in a dense mass of floating vapour upon every object, rendering them totally impervious to the organ of vision. About eight o'clock the fog entirely disappeared, and we were impelled forward very rapidly. The bed of the river being now entirely composed of large rocks, the passage of the stream was most turbulent, and our boat was buffeted about as if in a storm. The dreary crags on each side arose to such an altitude as to exclude all prospect over the adjacent country, and in truth the scenery was so wild, and the signs of human habitation so few, that a traveller might deem he had arrived in a country in a state of infancy;

and the appearance of the Castle of Reinech, with its majestic towers, is hailed with pleasure. From this place a succession of picturesque rocks, ruins, villages, and lofty hills, finely wooded, accompany us to Aschach where the country opens to our view, and the river assumes the form of an immense lake; then, after passing Ottenheim, with its pretty castle, we landed at Urfer, the faubourg of Linz, the capital of Upper Austria."

From Linz to the beautiful lake of Traun is a railroad, the carriages being drawn by horses at the rate of nine miles an hour; a small steamer now navigates the lake, so that travellers from the Danube can reach with speed and facility the romantic region of the Salzkammergut, and visit the salt springs of Ischl, which, lying in a most picturesque position, 1,500 feet above the level of the sea, is greatly resorted to in summer both on account of its coolness and the efficacy of the waters.

Some German miles southward of Ischl, and a few hours drive from Salzburg, lies the Bath Gastein, called also Wildbad Gastein, in a romantically secluded position, among the snow-tipped pine-covered Alps, and on the edge of the mountain-torrent Ache, which forms at this point a fine waterfall. It is one of the highest baths in Europe, being 3,000 feet above the level of the Mediterranean: the climate is consequently raw and unsettled. Even on the longest days

the sun's influence is but little felt (except in the middle of the day, at which time the heat is often oppressive), as it rises late above, and sets early behind, the adjacent mountains, which are not unfrequently enveloped in clouds. From these causes, and from the spray of the waterfall, the mornings and evenings are generally cold, and often damp; yet the high reputation which the springs have acquired renders the place thronged during the season, and many persons are obliged to leave for want of accommodation, which, however, may be obtained better at Hof-Gastein, a village about three-quarters of a mile lower down the mountain, in a more open and agreeable position, sheltered from the north and east winds, enjoying a milder and drier atmosphere, and less liable to sudden transitions than Wildbad; whence the water of the principal spring is conveyed through pipes of pine and larch wood, by which it loses somewhat of its heat; though this cannot render its action different from what it is at the source; as being too hot for bathing, it is allowed to remain all night in the baths at Gastein to cool down to the proper temperature.

There are several establishments of public and private baths. At the Schloss, belonging to the Archduke, where visitors can be lodged, there is a bath in which about a dozen persons can bathe at the same time. The baths of Straubinger's old and new hotels are divided into the Fursten and

Capuciner; where baths are taken in common, part of the latter being appropriated to ladies. Some patients remain a long time in the waters, and some even bathe twice in the day, though these cases are comparatively rare. "The common bath," says Dr. Streintz, "in which ladies and gentlemen assemble together, contains 365 cubic feet of water, and requires nearly four hours to fill it. It will accommodate fifteen or sixteen persons, who can walk about in the water, or rest upon the seats which are fixed there for the purpose. At each side of the bath is a large dressing-room, one for the men, the other for the women. Around the bath runs a gallery, where the friends of the bathers can assemble and enter into conversation with them."*

There are numerous springs rising on the bank and in the river. Those most employed are the Furstinquelle (temperature 37° R.), the Doctorsquelle (38°), the Hauptquelle (38°), and the Straubingerquelle (36°). A spring, rising in the Ache, supplies the horse bath. The quantity of solid substance and gas in the water is very small; scarcely two grains of the former, and a cubic inch of the latter to the pint.

The distance from Linz to Vienna is about sixty leagues. "Having resumed our voyage," continues the above-quoted author, "the scenery that presented itself was of the most beautiful description—an ever-changing panorama. First

* Les Bains de Gastein.

we had luxuriant meadows and corn-fields, swelling into gentle hills, clothed with the rich verdure of June, the whole dotted over with the white cottages of the peasants, and animated by numerous groups of cattle. We then came to a plain where the Danube gradually expanded into an immense lake, intersected by several green islands, enlivened by immense flocks of aquatic birds; this terminated by contracting into a mountain gorge, formed by tremendous piles of rocks, with their fantastic peaks, dark, gloomy, and nearly destitute of vegetation. Each moment our progress seemed barred by an impassable chain of rocks, until, by turning a tiny cape, we found ourselves within another mountain lake, surrounded by yawning abysses and frowning precipices, which, overspread with the sable pall of the pine, gave to the whole a character at once wild and supernatural; and thus it continued, curve upon curve, lake upon lake, until we arrived at Sturm, with its dreaded Saurussel.

“ Here everything concurs to increase the interest of the scene, the terrific roar of the river, and the rapidity with which it rushes through its frightful gorge, exhibiting one mass of boiling foam, the stupendous height and threatening altitude of the rocks, which seem to menace us with certain destruction as we advance; the dim twilight, the anxiety pictured on the countenances of the passengers, their prayers to St. Nicholas and the Madonna, the

shouts of the captain and his men, hurrying to and fro, combine to raise a slight feeling of apprehension even in those whose nerves are iron-bound; but in a moment the dreaded Sausrussel is passed, and nothing is heard but thanks and gratitude for the intercession of the saints.”*

Vienna is now brought beneath the eye of those interested in being acquainted with it by the fine panoramic tableau exhibiting in Leicester Square. The city itself is but limited in extent, being circumscribed between high ramparts, on which are promenades commanding delightful views of its numerous extensive suburbs and

* “Sketches of Germany and the Germans, by a resident Englishman.” This author, like myself, descended the Danube by a passage-boat or raft, before the days of steam navigation above Vienna, by which the romance attending the various incidents has been destroyed. Neither are implorations to the Madonna at present nearly so common as formerly. The subjoined hymn, set to music as sung by the boatmen and peasantry, the translation of which is given in Russell’s “Germany,” would have a fine effect:—

HYMN TO THE VIRGIN ON THE DANUBE.

“Fading, still fading, the last beam is shining,
Ave Maria, day is declining,
Safety and innocence fly with the light,
Temptation and danger walk forth with the night:
From the fall of the shade till the matin shall chime,
Shield us from dangers, and save us from crime.

Ave Maria Audi nos.

“Ave Maria! hear when we call,
Mother of Him who was brother to all,
Feeble and failing, we trust in thy might,
In doubting and darkness thy love be our light;
Let us sleep on thy breast while the night-taper burns,
And wake in thine arms when the morning returns.

Ave Maria Audi nos.”

parks, with the Danube and lofty Kahlenberg beyond. The esplanade, laid out with alleys of trees, forms also an agreeable promenade immediately beneath the Bastei. Perhaps no where is there so great a variety of public walks, of which the principal are the Prater, the Volksgarten, the Augarten, and Theresiengarten, in which are numerous houses of entertainment, games, fireworks, and other sources for recreation. On holidays one or more concerts are given either in the promenades or in the environs; those presided over by Strauss being the most numerous attended.

The streets of the city are necessarily narrower than those of the suburbs; the houses, however, are more lofty and solidly built, many of the palaces being of a grand and imposing style of architecture. The fine gothic cathedral Saint Stephen's stands near the centre of the city, its lofty spire (the highest except Strasburg) forming the most conspicuous object. In the Augustine Church the visitor will behold with high gratification one of Canova's *chefs d'œuvre*, the monument sculptured in grey marble to the memory of Archduchess Christine. In the other churches there is little to attract the attention. Of the squares, the Josephsplatz is the principal, Vienna not having greatly to boast in this respect: the equestrian statue of the emperor adorns the centre. The imperial palace is not remarkable interiorly, but contains an immense collection of

works of art. The library saloon, two hundred and sixty feet long, with a fine dome in its centre, and ornamented with marble statues of the rulers of Austria, is peculiarly striking. It contains more than three hundred thousand volumes in all languages, and a large collection of manuscripts, including the original of Tasso's "*Gerusalemme*." The treasury is richly endowed, and will likewise occupy a share of the visitor's attention; as also the fine collection of cameos, antique medals, &c., in the Augustine corridor.

The Belvedere Palace contains the picture gallery, which some persons prefer to that of Munich. It is especially rich in the works of Flemish and German artists, among which may be more particularly specified three of Ruben's *chefs d'œuvre*, St. Ignatius, St. Ildefonso, and St. Ambrosius; there is also a fine portrait of Charles I., by Vandyke; and the mother of Rembrandt, by this painter. The heads of an old man and woman, by Denner, are particularly well executed.

In the Italian School Raphael's "Holy Family" is considered as one of the finest of this painter's productions; the "Holy Family" of Titian is likewise a celebrated production: the gallery is rich in the works of this master. There are likewise some fine Correggios, Tintoretos, and works of Salvator Rosa, and others of the best Italian painters. The gallery also contains the splendid mosaic of the "Last Supper," by

Leonardo da Vinci, parts of the original at Milan being scarcely distinguishable. On the ground floor is a rich collection of ancient armour, with portraits of several of the most distinguished members of the house of Hapsburg.

The arsenals contain, besides the collection of arms, many objects of historical interest, as the armour of Charles V., Godfrey de Bouillon's hat, numerous spoils taken from the Turks, &c.

The theatres are well conducted, the orchestras and *corps dramatique* the best in kind. Performance begins at six and closes about nine, as elsewhere in Germany. The Viennese, like the Bavarians, are great lovers of music and dancing, amusements having been encouraged by the government as a means of preventing a too close attention to political matters; which, however, has not prevented the revolutionary movements which have agitated the rest of Europe from extending to the Austrian capital, and causing the flight of the minister who for the greater part of half a century ruled the destinies of the empire, and the subsequent departure of the Emperor to Innsbruck.

Strangers were not well received unless highly introduced, or forming part of the noblesse; nor indeed, however delightful for a brief visit, would Vienna offer much inducement for the protracted sojourn of many English travellers, though living be cheap and the resources of a capital are at command. Except the evening *réunions* there

is but little society, *tables d'hôte* are not in vogue, dinners *à la carte*, and at from one to three o'clock, being the usual custom. From the great atmospheric vicissitudes to which Vienna is subject, its comparative humidity, the frequent prevalence of northerly and easterly winds, and the exclusion from those of the south by the chain of Tyrolean and Carnic Alps, this city would not be an agreeable winter residence as respects climate; while in summer the oppressive heat and dust are annoyances to which it requires one to be accustomed.

There are in Vienna numerous scientific and charitable establishments. The University is in high repute; it possesses an observatory, an anatomical theatre, a botanical garden, museum of natural history, &c. The hospitals are large and well conducted, though the state of medicine, with the exception of the treatment of diseases of the eyes, is inferior to Berlin. There is likewise at Vienna an Oriental Academy, founded by Joseph II., for educating young men in the languages of the east, and thus supplying well-informed secretaries to the embassies in that quarter of the world; as also the Theresian Academy, founded by Maria Theresa, for educating the sons of the aristocracy. In the Medico-Chirurgical Academy the collection of wax anatomical figures nearly equals that of Florence, being by the same artist.

In the immediate environs is the Palace of

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Schönbrunn, with its gardens, which will repay the trouble of a visit. It is said that Napoleon, when quartered here, was struck with the portrait of Maria Louisa, which caused his alliance with the imperial family. An agreeable excursion may be made to the romantically situated bath of Baden, which in summer is greatly resorted to by the Viennese: its waters are sulphurous.

The scenery of the river between Vienna, Presburg, and Pesth, is comparatively uninteresting; a railroad is in progress of construction to unite the capitals of Austria and Hungary. That to the Adriatic at Trieste is already completed, passing through the finest part of Styria, of which the capital, Gratz, beyond the beauty of its position, possesses no inducement for the majority of travellers to delay their departure; the streets being narrow and badly paved, and there being no public edifices worth visiting. Halfway between Laybach and Trieste, amidst highly romantic scenery, is the celebrated Cave of Adelsberg, of which the subjoined account is given by the author whom I have already quoted:—

“ We proceeded through a long spacious gallery of about a hundred paces, when it suddenly opened into an immense cavern of the most colossal height, but this was the mere vestibule to the most magnificent of Nature’s temples; for at length we arrived beneath a vast dome whose altitude by torch light seemed immeasurable.

This splendid hall is fifty feet broad, seventy long, and encrusted with stalactites of the most surpassing beauty, sparkling like diamonds, and appeared worthy of being the palace of the Gnome King himself; the floor is quite level, and a few wooden benches and rustic chandeliers told that this was the hall in which the peasants, by a merry dance, celebrate annually the festival of their patron saint. From hence the cavern branches off in different directions, not in long galleries, but in a succession of grottos. Those to the left are numerous, spacious, and lofty, while the others, though smaller, are more varied in their fantastic forms. As we advance they become more elevated, and the columns more majestic, till, after traversing two leagues in the heart of the earth, our progress is terminated by a deep subterranean lake. It would be impossible to describe, with any degree of accuracy, the varied natural architecture of this city of stalactites. In one place we appear wandering through the aisles of a gothic cathedral, supported by columns of the most gigantic height, sometimes uniform, sometimes clustered together, as if fluted. Some of the smaller grottos are entirely inlaid with stalactites, and as they reflected the burning torches appeared one blaze of light. The sparry masses exhibited every form which the invention of the guides could devise: in one place we had crystal cascades of the most dazzling brightness; in another rows of pillars

ornamented with festoons ; here triumphal arches ; there the Emperor's throne, surmounted by a crown. In short, the whole range appears as if real objects had been metamorphosed into crystal by the power of some mighty magician.*

"However, it is not only the beauty of the stalactites, and their innumerable forms, that arrest our attention, but the foaming river Poick, which here again makes its appearance, roaring in the horrible abyss beneath ; by the side of whose frightful gorge, and across whose rocky bridges, we frequently bent our course.

"Adelsberg is indeed the German grotto *par excellence*. Those at Muggendorf, however interesting, are mere mouse-holes compared with this, which equals in colossal grandeur its own gigantic Alps. In what other part of the world can we trace a river rushing through the bowels of the earth, or wander through an interminable succession of grottos?—that is if we have courage to pursue our researches ; for it is supposed to communicate with another grotto, some thirty miles distant, near Trieste."

Another highly interesting excursion in this vicinity may be made to the quicksilver mines of Idria—of which, however, I need not enter into a description.

Trieste is a handsome, bustling port-town, which offers little to attract the passing traveller.

* Some idea of the beauty of these grottos may be formed from the exhibition at the Colosseum.

In the chief street, the Corso, lined with handsome shops and *cafés*, there are several fine buildings; of the churches the Jesuits' is best worth visiting. Trieste has more the aspect of an Italian than a German town. Constant steam communication is kept up with Venice, Ancona, Corfu, and the East, a fine steamer leaving regularly for Alexandria.

CHAPTER XII.

NUREMBERG — FRANCONIAN SWITZERLAND — BOHEMIAN BATHS—
FRANZENSBAD — MARIENBAD — CARLSBAD — PRAGUE—
TEPLITZ—DRESDEN.

RESUMING the journey from Ratisbon northward, a hilly drive of twelve hours will bring the traveller to Nuremberg (now in direct railroad communication with Munich, Bamberg, &c.), which bears internal evidence of its high antiquity. The castle, crowning the hill, has been the scene of many an historical event, and commands an extensive prospect of the surrounding country. In the chapel are a few paintings of Albert Durer, whose house still remains in the same state as when he died. A venerable old lime tree has weathered some hundreds of years in the courtyard of the castle. The gothic church of St. Lawrence may vie with some of our English cathedrals, with respect to the solemn and impressive aspect of its cloistered aisles, and windows of stained glass, one of which is more than three hundred years old. St. Sebald's Church is likewise a fine old building, though of a different style to St. Lawrence. In the centre is the shrine, composed of a bronze casting, elaborately worked, in the form of a gothic

chapel, with niches around, containing the figures of the apostles, which are admirably executed, and enclosing a chest in which are the relics of the saint. The artist, Vischer, has introduced among the figures, at the lower part, a representation of himself in his working costume. This work, which occupied Vischer and his sons thirteen years, was finished in 1529.

Nuremberg contains at present about forty thousand inhabitants, all of whom, with the exception of about six thousand, are Protestants; whereas at Munich the bulk of the population are Catholics, who regard with some degree of jealousy their Protestant fellow-subjects of Nuremberg. The Frauenkirch, or Catholic Church, is a small though handsome edifice in the market-place, where also stands the Schönebrunnen, a fountain in the form of an obelisk, adorned with several figures on stone of some of the more prominent characters of antiquity.

There is a collection of pictures in the Gothic edifice, formerly the chapel of St. Maurice, though but few are particularly worth remarking, except two or three of Albert Durer. The hospital, which likewise comprises a *hospice* for the reception of the aged and infirm, is a dilapidated low building on the river. The treatment of disease appeared to me to be much inferior to that of Munich.

The costume of some of the inhabitants and peasantry corresponds with the antique appear-

ance of Nuremberg. The women generally wear a cloth dress reaching half way down the leg, with a coloured kerchief (most frequently red) wrapped round the head, somewhat after the fashion of a turban. The men (as in other parts of Bavaria) wear three-cornered hats, long coats, reaching nearly to the heels, and red or other coloured waistcoats, with large metal buttons overlapping each other.

The first railroad constructed in Germany was that between Nuremberg and Furth, a commercial town about six miles distant, and principally inhabited by Jews. A few miles in the opposite direction lies Erlangen, a neat town of ten thousand inhabitants, and the seat of a University, which, from the reputation of some of its professors, has latterly ranked high among the German universities. The number of students does not, however, much exceed three hundred, those in the theological faculty being the most numerous. They are not given to rioting and duelling, as at some other places. Behind the building of the University is a large garden, which contains a good anatomical and pathological museum. There is likewise a small clinical hospital, containing one hundred beds.

From Erlangen, the small and beautiful tract of country termed Franconian Switzerland may be conveniently visited in three days. It lies to the left of the high road to Baireuth, and is interesting, not only on account of the pic-

turesqueness of its scenery, but likewise from its magnificent caverns. After a five hours' drive the visitor arrives at Streitberg (where stands the castle, now a ruin, but which formerly commanded the entrance of the valley), and shortly afterwards at Muggendorf, which is the chief place in the district, and the best point for making excursions. After ascending a steep hill and an hour's good walking, the peculiar shaped rock termed Adlerstein is attained, whence is displayed a beautiful and extensive panorama of

“Variegated maze of mount and glen,”

with here and there an old castle crowning an eminence. A little further on, the Riesenbergr is seen; this is a natural excavation between arched rocks, which, viewed from the valley below, presents the appearance of a gigantic castle—whence the name. Following the course of the Wiesent along the valley, you pass beneath Rabenek Castle, perched on the summit of a rock, the perpendicular sides of which might well bid defiance to hostile approaches, and, crossing the hill, arrive next at the Castle of Rabenstein, likewise standing on a projecting rock, and surrounded by immense masses of granite, which must have been at some period detached from the mountains by a terrestrial convulsion. From the castle a path, winding between these masses, leads to the chief wonder of the country—the Cave of Rabenstein. This

cavern is divided into four compartments, the first being merely an extensive space on the same level as the ground at the entrance. The other divisions, in order to be seen to advantage, require to be lighted up with numerous candles, by which the whole extent can be perceived, and a singularly wild and *unique* scene is disclosed. Descending by a winding stair cut in the rock, you have an opportunity of admiring the immense and beautiful stalactites descending from the roof and rising from the floors. Several fossil remains were here discovered, most of which were taken away, though some still remain, such as a pair of enormous antlers, and part of the pelvis of the mammoth, which are so deeply imbedded in the incrustation that they could not well be removed, even if the proprietor were desirous that they should be. The third division, though less extensive than the others, contains more beautiful stalactites, which hang from the roof in the form of palm leaves. The fourth part is the largest, and is mostly filled up with enormous masses of rocks, which form a peculiarly striking and chaotic scene. Altogether this cavern may be considered as one of the natural wonders of Europe, and a visit to it would well repay the traveller for making a *detour* of some miles. It is, however, not to be compared with Adelsberg. There is another of these caverns, termed the Forster's Höhle, near Waischenfeld, nearly two

hours' walk from Rabenstein, but it is not so interesting.

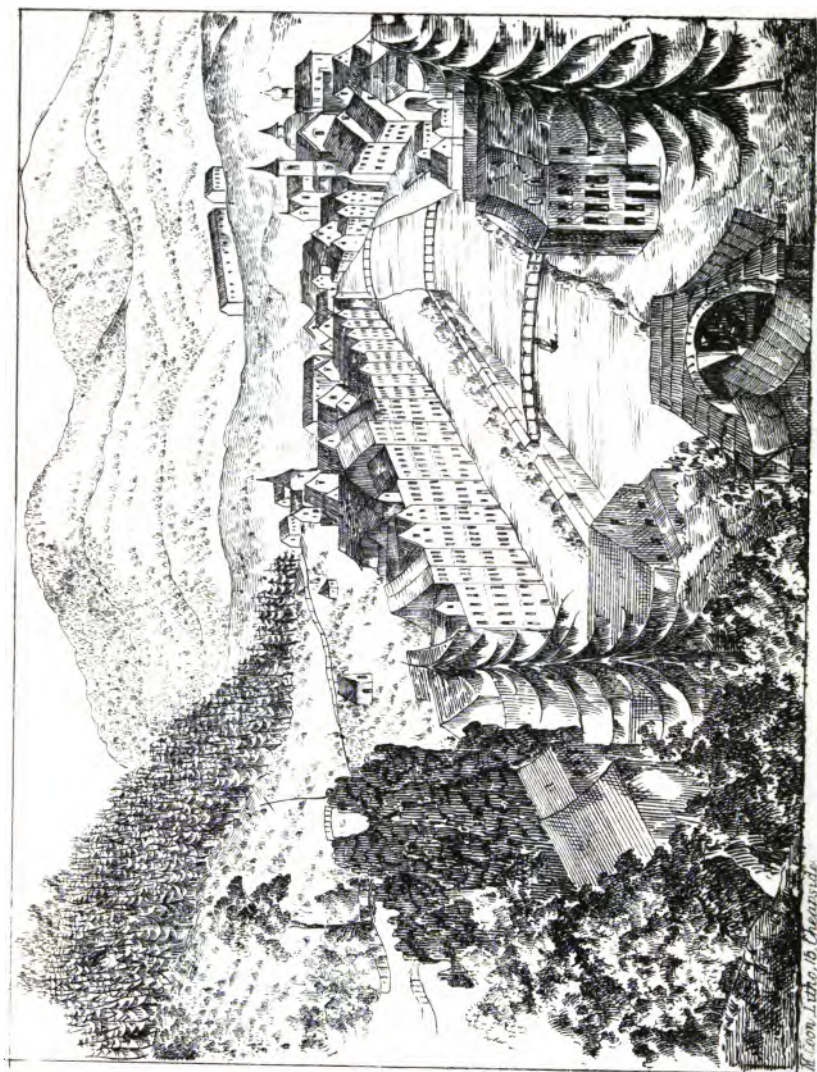
Baireuth is a small town in an agreeable country, possessing nothing particularly worthy of remark. A pleasant walk leads to the Ermitage, two miles distant. From this, ten hours are required to reach Eger; previous to entering there is an Austrian custom-house. Eger likewise presents no object of particular interest, except the old Castle of Wallenstein, in the interior of which are still preserved some relics of this hero.

Franzensbad is about half-an-hour's drive from Eger, and four from Marienbad and Carlsbad. Though the environs are not distinguished for scenic beauty, or objects of much interest, this bath has, during the season, an animated and cheerful aspect. On entering, the small temple beneath which rises the chief spring, the Franzquelle, stands on the road-side. A promenade ground, with booths, colonnade, and the public saloon, lie on the left of the Kaiserstrasse—a range of handsome houses and hotels. There is a large bath-house, as also buildings for the administration of mud and gas-baths. Franzensbad possesses a variety of mineral springs, of whose properties I have elsewhere given a detailed account.

The position of Marienbad is highly picturesque. On entering from the Eger side, the valley expands into a more open space, bounded by pine-covered hills, and laid out as a garden.

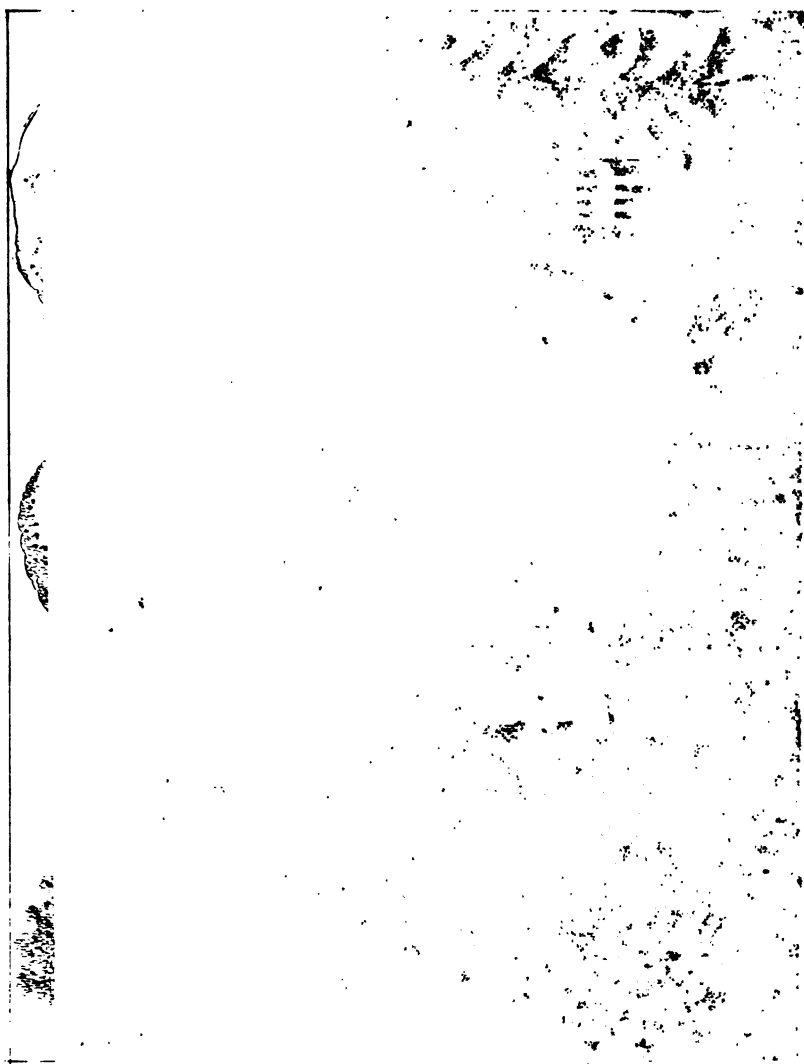
On the left are about a dozen large and handsome lodging-houses, the mansion of Prince Metternich being in the centre. At right angles with this range of buildings is another row of larger houses; the Tepl-Haus being at one extremity, and Klinger's large hotel and boarding-house at the other. During the season about a hundred people sit down daily to the *table d'hôte*. Adjoining is a colonnade and promenade room, leading to the Kreutzbrunnen, the principal spring, which rises beneath a cupola, surmounted by a large gilt cross, and which has a more than European reputation. From the Kreutzbrunnen, houses are continued up the hill, and terminate at the old bath-house, forming altogether almost a square, enclosing the public promenade, where, in the season, are booths for the sale of fancy articles. The surrounding hills are equally disposed in walks; that leading to the Miniature Switzerland commands the best view.

This neighbourhood abounds in mineral springs. Those of Marienbad may be divided into three classes, viz., the Kreutzbrunnen and Ferdinandbrunnen, which are saline aperient; the Caroline and Ambrosius, which are chalybeate; and the Marienbrunnen and Waldquelle, which are acidulous. The mud and gas-baths are very efficient at Marienbad. Dr. Herzig, one of the resident practitioners, is mostly consulted by English visitors.



KARLSBAD.

[illegible]



Carlsbad is likewise situate in a romantically-picturesque position, on the banks of the little river Tepel, and occupying a narrow winding valley, enclosed between lofty hills, clothed to their summits with pine, beech, and ash, whereon numerous paths, easy of ascent, have been constructed, leading to points which command extensive views of the surrounding country. In the neighbourhood are several houses of entertainment, situate in beautiful spots, to which visitors resort to take tea or other refreshments. The beauty of the environs presents also strong inducements for more distant excursions. The chief point of *réunion* is the Wiese, where the valley is somewhat wider, so as to admit of trees and booths between the houses and the river. At the end of this promenade are the public rooms and *restaurateurs*, the *Salles de Saxe*, and *de Boheme*, dinners being served *à la carte*, and where concerts are occasionally given.

Carlsbad offers but few resources for the amusement of the idler, being chiefly resorted to by invalids. There is not that indiscriminate mixture of society which is met with at other baths, where the goddess of pleasure has numerous votaries. There are no balls, and games of hazard, which at some other places attract a crowd of adventurers, are not allowed, neither are there *tables d'hôte*; and the dishes served up at dinner are generally plain, many articles which would be likely to interfere with

the action of the waters being prohibited by the medical censors, whose authority, if not openly exercised, is at least tacitly admitted by hotel-keepers and *traiteurs*, so that invalids have seldom the opportunity of committing those errors in diet which so frequently render nugatory a course of mineral waters.

On the right bank of the river rises the Sprudel, exhibiting to the beholder the phenomenon of a perpetual *jet d'eau* as thick as a man's arm, and varying from three to five feet in height. The immediate neighbourhood of the spring is constantly enveloped in vapour, and an odour is perceptible resembling that of boiled meat. On the edge of the basin into which the water flows is observable a thick green slimy substance, which has been ascertained to consist of innumerable animalculæ, of a similar nature with the *oscillatoria* found in several other thermal springs, the presence of which has been adduced by some authors in corroboration of the opinion of the vitality of mineral springs.

Close to the Sprudel rises the Hygea, which supplies the adjoining baths. On the opposite side, and lower down the river, are the three other springs principally used, viz., Muhlbrunnen, Neubrunnen, and Theresienbrunnen. Besides these there are several others, as the Schlossbrunnen, Bernardsbrunnen, &c., which are comparatively little used. A new spring arose last year in the market-place; it does not, however,

materially differ from the others in its properties. Close to the above-mentioned three springs, and above the river, is a covered gallery, where the greater number of water drinkers meet, between five and seven in the morning; an excellent musical band being always in attendance at these hours. Another is also stationed at the Sprudel.

There are no mineral springs which have stood higher in general estimation than those of Carlsbad, and none which, since their first discovery, have better sustained their reputation through successive generations, nor are there any on which so much has been written. The first work of importance respecting them, which appeared as far back as 1522, was written by Dr. Payer, and was termed *Tractatus de Termis Caroli IV.*

About eight hours' drive through an agreeable country will bring the traveller to the handsome city of Prague, which, being built upon seven hills, and also from containing a profusion of churches and other religious establishments, has been likened to Rome. As the Tiber flows through Rome, and is crossed by a bridge ornamented with statues, so the Moldau, having a similar bridge, divides Prague into two parts. On the river's left bank are numerous gardens and vineyards, continued up the hills, which are crowned with fortifications, and the citadel, with the Haradschin Palace, are particularly con-

spicuous. This was for some years the residence of Charles X. The object of greatest interest is the cathedral, dedicated to St. Veit (who has given the name to a common disease—chorea, or St. Vitus's Dance—from the circumstance of persons affected with the complaint being accustomed to resort for cure to a chapel dedicated to the Saint, near Ulm). The edifice is one of the finest remnants of gothic architecture, and contains many precious *reliques* and curiosities, especially the magnificent monument erected to St. John of Nepomak, the patron Saint of Bohemia, whose anniversary, in May, lasts eight days, at which period crowds of devotees flock to the shrine, and encumber the bridge on which his statue is placed (being the spot whence he was cast into the Moldau). The number of colossal statues on this bridge is twenty-eight, and it may afford an indication of the state of religious feeling in Bohemia to mention that, a few years ago, passengers took off their hats or bent the knee to the statue of the patron saint, while the adjoining one of Jesus was entirely disregarded. Prague was the head-quarters of Wallenstein, whose palace is one of the finest in the city, in which this general held an almost regal court.

“Owing to the number of palaces, churches, public buildings, and other splendid remains of its ancient grandeur,” says the “English Resident in Germany,” “Prague is more imposing than

Vienna, and far preferable as a residence, the situation being much more salubrious, and the climate more mild and equable, the cold in winter rarely exceeding twenty-four degrees R., and generally averaging between seven and ten ; while during the greatest heat of summer the thermometer seldom rises above twenty-three. Dr. Stultz, a celebrated German physician, who has written upon the relative salubrity of German towns, considers Prague one of the most healthy in the empire, and asserts that it is no uncommon occurrence for the inhabitants to attain the age of a hundred or even sometimes a hundred and fifteen years. The provisions are good and cheap, and an excellent red wine, resembling Burgundy, is produced in the neighbourhood. The theatre equals that of Vienna : public and private concerts are also very frequent, and, except Vienna, there is no town in Germany where music is cultivated with so much success. Indeed this taste may in the Bohemians be termed truly national, for they excel both in vocal and instrumental, and not a few of the natives travel to Italy, acquire the language, Italianize their names, and make large fortunes at Vienna. Their language, which is rich and expressive, is also musical, and sounds as pleasing as the Italian when wedded to melody.”*

Prague being now connected by railroad with Vienna, a few hours suffices to reach the capital.

* Sketches of Germany and the Germans.

In the opposite direction a railroad extends as far as Theresienstadt, more than half way to the celebrated bath Teplitz. This small town lies in an open and agreeable valley, bounded on the east by the chain of the Erzgebirge hills. At each extremity of the principal street is an open Place; in one of these stands the Town-house; in the other, the Schloss, or château of the Prince de Clary, to whom the territory belongs. The grounds behind the château are extensive, laid out *à l'Anglaise*, and are open to the public. The principal alley, being the usual promenade of the Teplitz society, presents an animated scene during the season; a musical band is in attendance at stated hours; adjoining are public rooms for restauration, occasional balls and concerts, and the table d'hôte, which, with that at the Poste, are the only ones in the town, it being the custom, as at Carlsbad, to dine *en famille*, or *à la carte*. Being a great place of resort for princes, diplomatists, and the *haut ton* of Germany, there is but little general association; Teplitz would not, consequently, offer much resource for the amusement of a stranger, unless he had previously acquaintances among the Germans. It is, therefore, not resorted to by the English. There is little to interest in the town itself, except the baths, which are magnificent, and better arranged than in most of the watering-places which I have visited. The principal bathing-house, the Herrenhaus, where the

late King of Prussia was in the habit of residing during the summer season, belongs to the Prince de Clary. The ground floor of the edifice is disposed in several elegant and spacious baths, formed of porcelain tiles of various colours; part of each cabinet, being separated from the bath by a curtain, serves as a dressing-room. At the end of the garden, behind the house, there is a semicircular colonnade, with a portico, beneath which rise three or four springs; the one being the Trinkquelle or drinking-spring; the other, the Augenquelle (eye-spring). The number of drinkers at Teplitz is, however, comparatively small, bathing being the essential part of the treatment. The new Stadtbath, or Town-bath, is likewise a handsome building, containing twenty-two commodious bathing cabinets, and two or three large marble ones, around a central reservoir in which the water is cooled. On the first floor is a spacious promenade room. These baths are supplied by the Hauptquelle, together with the adjoining piscina, or public bath for men, which is a lofty and spacious *local*, in which fifty persons could bathe at the same time. About sixteen were in the bath at the time of my visit; several of them were undergoing the operation of cupping with small tin cups about the size of a liqueur glass. This is a common practice with many patients of the poorer classes, who also frequently remain a long time in the water, which in the public baths is of its natural

temperature. Another of these baths is the Furstenbad (Princes bath), so called, not from its being exclusively appropriated to the higher classes, but because it also belongs to Prince Clary. The bathing cabinets are equally elegant and convenient as in the other establishments. Here, likewise, is a public bath for women, which is more dark and confined than the men's. There is also in the town a Jews' bath. The price of a private bath is eighteen kreutzers (about sixpence) in the morning; in the afternoon it is only twelve.

The adjacent subourb, Schonau, possesses baths equal if not superior in elegance to the town baths. They are, 1st, The Steinbad, consisting of a central vestibule, where the spring rises into a large oval basin, and on either side bathing cabinets: the water also rises directly into some of the baths through a fine layer of sand, as at Wildbad, and remains constantly flowing during the bath, which is taken at the natural temperature; 2nd, the Templebad, a circular edifice, close to the former, with six baths of a triangular form; 3rd, the Schlangenbad, a new edifice with handsome *facade* and portico; the baths being constructed (as at the other new establishments) of tiles of various colours, which gives them a light and cheerful appearance. But the handsomest of the new erections is, 4th, the Neubad, which has superseded the old Schwefelbad. This edifice is three stories in

height, has a considerable extent of *facade*, and is divided into two equal parts, with a central hall or vestibule, supported by beautiful composition columns, in imitation of marble, whence wide staircases conduct to the apartments, which are handsomely fitted up for accommodating either families or single persons. A single room lets at from three to six dollars a-week, so that it will be perceived that the expense of living and bathing is not very great at Teplitz. The roof of the building forms a terrace, commanding a delightful view of the town and environs, with the whole range of the Erzgebirge, and the Schlossberg, with the ruin on its summit. The baths on the ground floor are as convenient and well arranged as those at the Herrenhaus.

There are several hospitals at Teplitz, viz., 1st, the Town Hospital; 2nd, the Austrian Military Hospital, in which three hundred soldiers may be accommodated at the same time; each officer having a private room. On an average, each patient uses the baths for a month, so that one thousand two hundred may obtain relief during the season; 3rd, the Prussian Military Hospital; 4th, a Civil Hospital for poor persons of any country, containing about fifty beds; and 5th, a small hospital founded and supported by Prince Clary.

At the time of the earthquake of Lisbon, the principal spring at Teplitz ceased to flow for about a minute, and then burst out with such

violence as to overflow the basin, the water being in a state of fermentation, of a higher temperature than usual, and of a deep red colour. When it had again become clear, a quantity of red oxyde of iron was found deposited at the bottom of the basin. Neither the springs of Schonau nor those of Carlsbad were in the least affected.

From Teplitz to Tetschen the country is pretty and well cultivated. This town lies on the right bank of the Elbe, at the commencement of the district termed Saxon Switzerland, and during the summer steamers ply daily between Tetschen and Dresden, for the accommodation of the numerous tourists who come to explore this interesting region. The objects best worth visiting are the Prebischthor, a colossal natural arch, amidst wild scenery; the Kuhstall, an immense cavern capable of lodging several thousand persons, and so called from having been employed by the peasantry for concealing their cattle during the thirty years' war; the fortress of Konigstein, and the Bastei, which consists of immense masses of rock, split and broken into a variety of forms and shapes, some being connected by bridges eight hundred feet above the river. The view of this chaos will leave a lasting impression on the memory.

The Elbe, from Tetschen to Pirna, is hemmed in between dark rocky banks and wooded hills, descending precipitously to the water, not unlike

some parts of the Rhine between Bingen and Coblenz.

“Like Adersbach,” says the author whom I have already quoted, “the whole of the rocky masses that line the banks of the Elbe and the valleys are composed of sandstone, broken into the most grotesque forms. But nowhere is the imagination so bewildered by the near approach to reality as in the Ottawalder Grund, a glen so narrow, and formed by rocks so lofty, that in many places the sun has never shone in its gloomy depths. Here the traveller wanders over snow and ice even in June; and the tiny cascades hang in icicles as they fall. In some places the walls are not more than four feet asunder, and as perfectly perpendicular and smooth as if the chisel had passed over them. In another they meet above, and form a natural roof: here rising into a pyramid, and there suddenly expanding, till it seemed as if one inverted cone were placed upon the apex of another. He might also believe he was traversing the rude model of some colossal city, or the ruined abode of the Gnomes.”

On a hill overlooking the river and the town of Pirna is a large edifice, Sonnenstern, formerly a chateau, now a celebrated establishment for insane patients, of which I have given a detailed description in my work on the Medical Institutions of the Continent.

Beyond Pirna the banks are flatter, the scenery,

though contrasting with that previously passed, is yet pleasing, for—

“Even in a plain no humble beauties lie,
Where some broad river breaks the long expanse,
And woods along the banks are waving high,
Whose shadows in the glassy waters dance,
Or with the moonbeam sleep in midnight's solemn trance.”

On approaching the capital the banks are more cultivated. The Royal Palace of Pilnitz stands on the right, and from this point numerous villas and country-houses impart animation to the scenery.

Dresden is divided by the Elbe into two unequal parts; that on the right, or new town, being much smaller. The view from the handsome stone bridge of the Japanese Palace, on the one side, the Bruhl Terrace (the most frequented promenade), the Catholic Church, with numerous statues of saints adorning its roof; on the other, of the gardens and villas along the banks, is striking, and will leave an agreeable impression upon the beholder.

The Japanese Palace contains collections of porcelain and other curiosities. Its garden, descending to the river, is planted with a variety of foreign shrubs and flowers.

The Catholic Church is plain internally; almost all the inhabitants of Saxony are Protestants; the King, however, is a Catholic. The music is particularly fine in this church, and doubtless a great cause of attraction to many of

and the construction of the model.

The model is

$$\begin{aligned} & \mathbf{y} = \mathbf{X}\boldsymbol{\beta} + \boldsymbol{\varepsilon} \\ & \mathbf{y} = \text{vector of observations} \\ & \mathbf{X} = \text{matrix of explanatory variables} \\ & \boldsymbol{\beta} = \text{vector of parameters to be estimated} \\ & \boldsymbol{\varepsilon} = \text{vector of error terms} \end{aligned}$$

where

\mathbf{y} = vector of observations

\mathbf{X} = matrix of explanatory variables

$\boldsymbol{\beta}$ = vector of parameters to be estimated

$\boldsymbol{\varepsilon}$ = vector of error terms

The model is estimated by the method of least squares.

The method of least squares is based on the assumption that the error terms are normally distributed.

The method of least squares is also based on the assumption that the error terms are independent.

The method of least squares is also based on the assumption that the error terms have a constant variance.

The method of least squares is also based on the assumption that the error terms are unbiased.

The method of least squares is also based on the assumption that the error terms are uncorrelated.

When these assumptions are satisfied, the method of least squares provides the best linear unbiased estimator of the parameters of the model.

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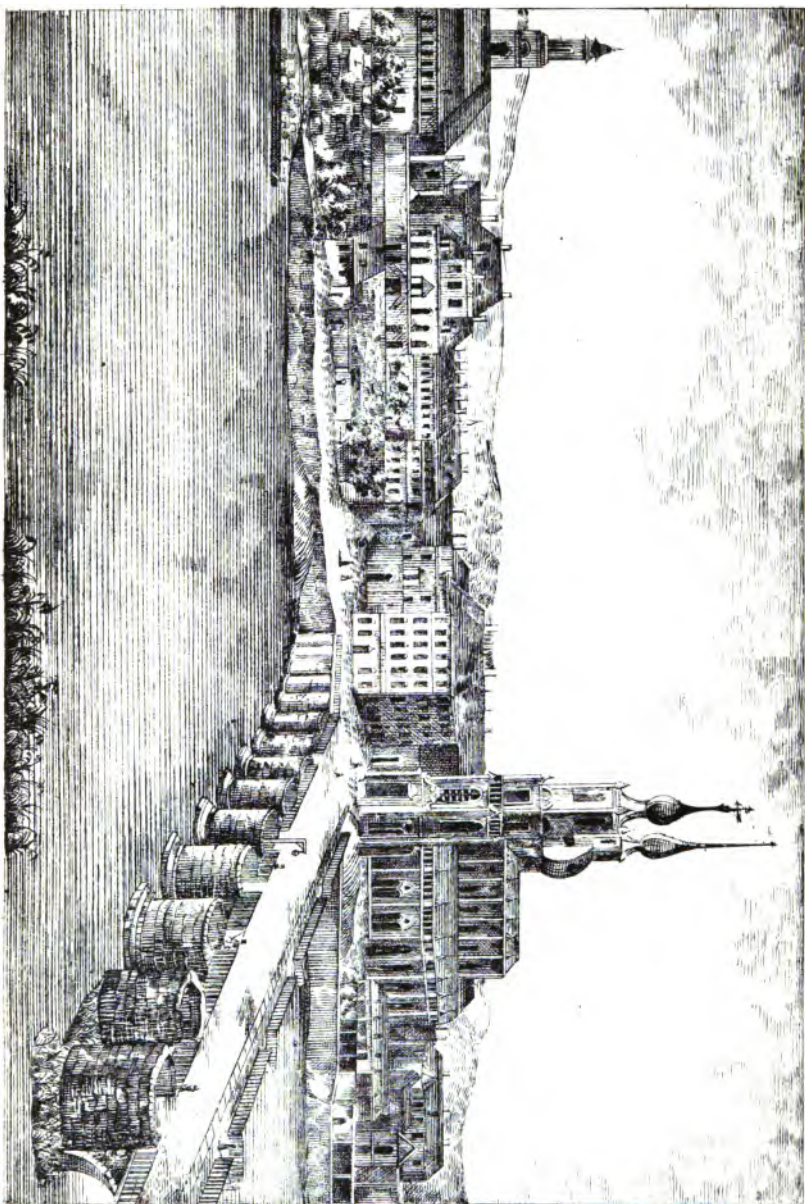
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Alte Litho v. Dresden

DRESDEN.

the congregation, of which the male and female part are obliged to keep separate sides. The music is likewise very good in the chief Protestant Church, which is of large size, the galleries being disposed like the boxes of a theatre. The Picture Gallery is in the same square as the last-named edifice ; it is the largest, and is generally considered to be the richest, in Germany. The Madonna di San Sisto, of Raphael ; the Tribute Money, by Titian ; as also a Portrait of his Daughter ; the Madonna and Infant in the Manger, by Correggio ; Rembrandt's Portrait, and Vandyck's Charles the First, are a few of the most esteemed pictures.

The Zwinger Palace is of a peculiar architecture, somewhat of the oriental or moresque style. The different portions, seen from the centre of the courtyard, have a striking appearance, to which the colossal grotesque figures in relief greatly contribute. It contains the museum of copper engravings, and the largest collection of ancient arms and armour upon the continent.

The costly and curious collection of jewels and curiosities, formed of gold, silver, and precious stones, in the green vaults, is one of the principal sights of Dresden, and perhaps in no one spot is there to be seen so great a variety of treasures and curious nicknacks. Mr. Russell says, respecting them, in his work on Germany, "Whoever takes pleasure in the glitter of precious stones—in gold and silver wrought

into all sorts of royal ornaments—into every form, however grotesque, that art can give them, without either utility or beauty, will stroll with satisfaction through the apartments of this gorgeous toy-shop. They are crowded with crowns and jewels; vases and other utensils seem to have been made merely as a means of expending gold and silver; the shelves glitter with caricatured urchins, whose bodies are often formed of huge pearls, or of egg-shells, to which are attached limbs of enamelled gold. One is dazzled by the quantity of gems and precious metals that glare around him," &c.

The hospitals of Dresden are but indifferent, and the medical and surgical practice is inferior to that of Berlin. There is, however, an establishment for medical instruction, termed the Medico-Chirurgical Academy, which contains a good pathological museum, in the chief apartment, on the first floor of the building, which was formerly one of the largest palaces in the town. The presence of the anatomical and pathological preparations does not harmonize well with the appearance of this handsome saloon, which doubtless was in other days the scene of frequent mirth and revelling, the walls of which still retain the full-length portraits of the former proprietors. Some of the most eminent medical practitioners in Germany reside in Dresden. Dr. Von Ammon, whose name is well known throughout Europe, not only as one

of the first surgeons and oculists, but also as having directed much of his attention to medical subjects, especially mineral waters, is the practitioner most in repute. Dr. Hedenus is likewise in high estimation.

The streets of Dresden are, for the most part, narrow, and the houses lofty and solidly constructed. There are no good squares; some of the new streets are, however, wide and regularly built; nevertheless, the *ensemble* of the inner part of the town has a somewhat sombre appearance. The environs are beautiful, and, in summer, Dresden would be an agreeable place of residence. The winter, however, is generally very cold and windy, and a good deal of rain falls. The price of food is very high, though house rent is lower than at Munich. The inhabitants are, for the most part, courteous, and receive strangers well; a large proportion of them speak English; they live more *en famille*, are more given to money-getting, and, consequently, less to pleasure than those of Southern Germany; there is, therefore, less society and movement. The theatre, however, is well *monté*, and is generally well attended. Literature and science are more cultivated than in the south, but less so than at Berlin and the norther towns.

As a cheap place for the permanent residence of families, and also as regards education, Dresden offers advantages over many other places. In the environs are numerous houses

of entertainment, whither holiday folks repair to take tea, hear music, &c. The most frequented of these is Lord Findlater's Coffee-house, overlooking the river. Here, as at all other of the English colonies abroad, Church service is performed twice on Sundays. At one end of the town is the artificial mineral water establishment founded by Dr. Struve, which is open from May to November. In the large garden patients walk about while drinking the waters. The establishment at Brighton is formed upon this model.

CHAPTER XIII.

LEIPSIK—HOMCEOPATHY—BERLIN—HAMBURG—WEIMAR—KISSINGEN—
FRANKFORT—THE BERGSTRASSE—BADEN-BADEN—STUTTGARD.

THE journey from Dresden to Leipsic is performed in three hours by the railroad. This is a large and bustling town, which would offer but little resource to the idler, or inducement for the majority of English travellers to prolong their sojourn. It is the great European market of booksellers and publishers, in which business a large proportion of its population are engaged; and the Leipsic editions of most of the works published in Germany, as well as many of those of other countries, are greatly in request, on account of their comparative cheapness. The catalogue of books, printed every six months, forms of itself a respectable-sized volume. Leipsic is likewise the seat of one of the largest German universities: a handsome new building has recently been completed. The number of students amounts to one thousand. Some of the professors of the medical sciences enjoy a high reputation. There are two large hospitals, the St. Francis, containing two hundred beds, for acute and chronic diseases, and the St. George's

which comprises a hospital, prison, and school for indigent orphans, with some wards for the insane. The view from the tower of the observatory comprises a considerable extent of the surrounding local country, including the battle-field. The belt of public gardens around the town, on the site of the ramparts, forms an agreeable and shady promenade.

At the time of my first visit, I was anxious to see the Homœopathic Hospital, of which I had previously heard, Leipsic being the head-quarters of this doctrine. I expected to have found at least forty or fifty beds filled with patients ; but was rather surprised to find that the building (which is a small house in the suburbs) only contained eight, and even of these all but two or three were unoccupied. At my last visit to Leipsic, I understood that matters were going on badly with homœopathy, which indeed is now comparatively little heard of in Germany and France, except at Vienna, and only requires to be understood by the public for its absurdity to be apparent, though there will always be credulous individuals who are to be caught by any novelty, when presented under a specious appearance, and backed by an unintelligible name. During its whole progress, it never was sanctioned by any individual of eminence in the profession, and was principally taken up as a means of acquiring wealth, or a livelihood, by persons who had never been previously heard of,

or who were known as having failed to acquire practice by the honourable exercise of their profession, by whom every means were taken to puff it into notice, and to keep public attention directed to it; such as repeated histories of cures, the establishment of dispensaries, of which, I believe, the only one that remains is the above-mentioned at Leipsic, even if that be still in existence, for a few months before my arrival, the house-physician having become convinced, during a residence of some time in the dispensary, of the nullity and danger of homœopathy, gave up his appointment, and published an exposition of the system pursued, with an account of cases, which clearly shows (what had long been evident to the bulk of the profession and the public) that the so-called cures were recoveries from ordinary ailments by the efforts of nature, which were frequently a long time under treatment, whereas, by a proper medication and attention at the outset, they might probably have been removed in a few days, and that many of the more serious cases got worse instead of better, for the want of active treatment.* It must not be supposed that the homœopathists always adhere to the principles of the doctrine. It has not unfrequently happened that persons who attributed their recovery to homœopathy were treated allopathetically without their being

* Ueber die Nichtikeit der Homœopathie. On the Nothingness of Homœopathy.—Leipsic, 1840.

aware of it. In fact, one practitioner in Leipsic, a professed homœopathist, candidly acknowledged that he pursued both plans of treatment, and was accustomed to ask his patients by which method they would be treated, as both were equally good.*

Little had been previously heard of homœopathy among English practitioners till I published an account of it and of animal magnetism, as an appendix to my work on the Medical Institutions of the Continent.†

About six hours is required for the journey from Leipsic to Berlin, which is of comparatively modern origin, and the most regularly-built city in Europe. The streets, intersecting each other at right angles, afford evidence of the military character of its founder. A wide street, with promenade beneath lime and other trees, in the centre (Unter den Linden), extends for nearly a mile from one of the city's finest monuments, the Brandenburg Gate, to the university, arsenal, museum, and royal palace, which are contiguous to each other. The palace, except from its size,

* The fate of the Duke di Cannizzaro, well known some years ago in London as the Count St. Antonio, is an exemplification of this. Having to take homœopathic globules at intervals for some slight ailment, in order to save trouble he took three doses at once, and died two hours afterwards; the supposed globules being a concentrated preparation of nux vomica.

† I beg to refer those interested in these subjects to the third editions of my works, "Hydropathy and Homœopathy impartially Appreciated, with Notes illustrative of the Influence of the Mind on the Body," and "Animal Magnetism, with Report on Clairvoyance."—Churchill, Princes-street.

is not remarkable in point of architecture ; the interior is not inferior in magnificence to the other royal palaces in Germany. The Museum is, however, a noble edifice, with a fine lofty portico extending the whole length of the *facade*, the ascent being by a magnificent flight of steps. The sculpture and statues occupy the lower hall and rotunda. The collection of pictures is larger than either at Dresden or Munich, but does not contain so many choice works. They are arranged in separate apartments, according to the various schools. The arsenal is likewise a fine building, containing a magnificent collection of arms of various kinds, and the figure of Frederick the Great, in the clothes which he wore, with many other objects of interest. The university is perhaps the best in Germany, from the high repute of its professors and the facilities afforded for the acquisition of science. The medical school stands deservedly high, and the anatomical and pathological collections are not equalled by those of any other city, with the exception of London. Among the other objects of interest may be enumerated the Egyptian Museum, in the outskirts of the town, and the manufactory of iron ornaments, which were formerly a great deal worn. During the war with Napoleon, when the government was in great financial straits, the ladies contributed their jewels and trinkets, receiving in return articles of the iron manufactory, impressed with

the inscription "*Ich gab gold für Eisen.*" The bronze statue of Blucher stands in a central and conspicuous position.

The principal street and square are the Wilhelm's Strasse and Platz; the houses are low, and the wide and badly-paved streets look, for the most part, deserted, on a comparison with those of Vienna. The equipages are also comparatively few in number. The population is, however, much smaller than in the southern capital (not much exceeding 200,000), while the city occupies a great extent of ground.

The Spree is a sluggish stream, which by no means conduces to the salubrity of the town, which is not raised above its level. This circumstance, combined with the flat and arid environs, the roads being deep in sand, renders Berlin oppressively hot in summer; and in winter it would offer but few resources, as the Berliners are not much "given to hospitality:" there is, consequently, but little cordial society, and the royal and other parties are but monotonous affairs. The character of the Prussians is, however, of a more sterling nature than that of the southern Germans, and the different branches of literature and science are more arduously cultivated in the north. The chief source of amusement is the opera, the house being one of the finest buildings of the city, and the *artistes* first-rate. The pastry-cooks' and liqueur shops, at the corners of the principal streets, are

favourite resorts of the inhabitants. There are also many under-ground cellars, where those of the inferior class are in the habit of congregating.

Berlin, being more of a military capital, there is but little commerce or manufactures as sources of revenue. The late revolution was very sanguinary; the number of killed never having been made known. As every man is bred up to the use of arms, it is no ordinary mob with which the military have to deal on the occasion of an outbreak; they were consequently obliged to retire, and the king and queen were forced to come down into the court-yard of the palace, uncovered, to behold the bodies of some of those who fell.

The Thiergarten, or park of Berlin, outside the Brandenburg gate (being the only space in the neighbourhood planted with trees), has a sombre aspect, as compared with the promenades of Vienna. There are, however, concerts, and other means of recreation, provided in the summer. Most travellers will be satisfied with a few days sojourn at Berlin. The monument to the late queen, at Charlottenberg, and the retreat of Frederick (Sans Souci), at Potsdam, are the chief objects of interest in the neighbourhood.

The railroad to Stettin and the Baltic has been open for some time; that conducting to Hamburg is of more recent construction, and is of immense advantage, not only from Berlin

being thereby brought into more direct communication with other countries beyond the sea, but also because it relieves travellers of the monotonous and dreary passage along the sandy roads.

Hamburg, though a fine city, and one of the largest commercial ports, presents no inducement to most visitors to linger within its precincts. Except the Exchange and St. Michael's Church, there is but little worth seeing, as regards public buildings. A fine view may, however, be enjoyed from the church spire, of the city, with its pleasing environs, and of the course of the Elbe for many miles; and, in an opposite direction, of the plains of Holstein, and the free town of Lubeck, which is the chief point of embarkation for St. Petersburg or Copenhagen. The most frequented promenade of Hamburg is on the banks of the Alster, which here forms a basin of considerable extent, enlivened in summer by numerous boating parties. The *trajet* from Hamburg to London occupies from forty-eight to fifty-six hours.

The traveller proceeding from Berlin towards the Rhine has the choice of availing himself of the almost uninterrupted railroad communication to Cologne, by Magdeburg, Brunswick, and Hanover; or, if his route lay southward, he may travel by rail as far as Gotha, through Halle and Weimar. The first of these towns contains little of interest except its university,

Weimar is a handsome cheerful-looking town, which has long been the resort of distinguished literary characters; both Goëthe and Schiller resided here many years; the house of the latter poet is shown, the rooms being left in the same state as during his life. The remains of these two illustrious men lie side by side in the ducal vault of the chapel attached to the new cemetery outside the town: the coffins may be seen through an iron grating. Here, as at some other parts of Germany, bodies are exposed to view for a certain time, a string being attached to the fingers, which, on the slightest movement, sounds an alarum in the porter's lodge, as a precaution against premature interment. On inquiry, however, I learned that there had been no instance of resuscitation. The opera is well conducted at Weimar. The grounds of the chateau are extensive, well shaded, and park-like. The printing establishment of books and maps of Dr. Froriep will repay the trouble of a visit.

Jena, some miles distant from Weimar, is a neat little town in a romantic position, being principally celebrated on account of the great battle which took place in its vicinity, and as the seat of an university. The students were formerly very turbulent, but, since 1830, there has been scarcely any disturbance; duels are also less frequent than formerly. The Burschenschaften appear, in fact, to be practically abolished in almost all the German universities.

The number of students at Jena does not much exceed 500. After lecture hours they may often be seen strolling about the town or country, each with his long pipe, and generally two or three together, one arm being lovingly entwined round the neck or waist of their comrade. The building appropriated to the university was formerly the castle. It contains a public examination hall and a library, with mineralogical, anatomical, pathological, and zoological museums.

Between Weimar and Gotha lies Urfurt, where the traveller may visit, *en passant*, Luther's cell, and one or two other objects of interest which this town contains. At Gotha, the chateau, standing on an elevated position and surrounded by gardens, is the chief attraction, from its containing a rich museum and a variety of curiosities, including the three-cornered hat, boots, and gloves worn by Napoleon at the battle of Leipsic. Near Eisenach stands, on a lofty hill, the Castle of Wartburg, where Luther was long concealed under an assumed name. In the Rittersaal are several fine suits of armour, and the view from the windows is extensive and beautiful.

From Eisenach to Frankfort there is nothing to attract particular attention: by diverging, however, from the high road at Fulda, the Bavarian baths, Brückenau, Bocklet, and Kissingen, may be visited with interest. The first

of these lies in a verdant and extremely picturesque valley, through which flows the little river Sinn, and consists of the residence of King Louis, who generally passed here some weeks in the summer in an elegant kursaal, built in the same style as the public edifices at Munich, the interior being richly decorated with fresco paintings, a large bath-house, and a few lodging-houses. There are three springs: the principal one is highly gaseous and chalybeate, and is, in summer, a pleasant beverage.

A drive of about four hours through beautiful and varied scenery will bring the visitor to Bocklet, which lies a little way from the road to Kissingen, from which it is distant a German mile. At one end of the poplar avenues forming the promenade are two buildings, the bath-house and pump-room, the upper part of each being disposed in apartments for the accommodation of visitors. Between these two buildings is a portico, with terrace, whence a descent by a flight of steps leads to the springs. The best accommodation is, however, in the buildings at the other end of the avenue, the Neubau and Fürstenbau. The springs are saline-chalybeate.

The repute of Kissingen has greatly increased of late years, the number of visitors having been much augmented. Its position is elevated and cheerful, in an open part of the valley of the Saal, surrounded by meadows and corn-fields, and sheltered from cold winds by high hills.

The heat in summer is not so oppressive, but rain more frequently falls than at many other baths. The town is clean, and contains near 2,000 inhabitants, the two principal streets being wide, and the houses well built. A large proportion of the visitors lodge in the Kurhaus, opposite the promenade, containing several bath cabinets. During the season upwards of two hundred people sit down daily to the *table d'hôte*. The dinners here and in the hotels are extremely plain; those sent to private houses are often very indifferent; so that the *bon vivant* would have little inducement to remain at Kissingen unless to recruit his health. In fact, as there are but few pleasure visitors, the *tables d'hôte* are under the surveillance of the authorities, and nothing is allowed to be served up that is likely to disagree with the action of the waters.

The Baierischer, Sachsischer, and Wittelsbacher Hofs are somewhat primitive in their accommodation. The resident physicians have large houses, and lodge visitors. Dr. Travis usually passes the season here, wintering at Nice.

On the promenade, opposite the Kurhaus, rise the three principal springs, the Ragozzi, Pandur, and Maxbrunnen; the two former being tonic and aperient, the latter an acidulous water, like that of Selters. The Ragozzi is largely exported. Besides these there are also saline springs, about a mile distant from the town, from which a large quantity of salt is obtained; the water being

raised high in the air by machinery, and evaporated by passing through thorn bushes. One of these springs presents the curious phenomenon of ebbing and flowing at stated intervals. After the water has occupied the same level for some hours, a deep rumbling noise is heard, and it descends in the well twelve or sixteen feet, whence it gradually remounts to its former level. Of late years the water has risen and fallen six or eight times in the space of twenty-four hours, an hour being required for its ascent and another for its descent.

The approach to Frankfort is indicated by numerous handsome country-houses and gardens. The city itself, however, does not contain many objects calculated to interest the passing traveller. The most usual promenade is on the site of the ancient fortification, now agreeably laid out as a garden, with parterres of flowers and shrubs; a musical band being often in attendance in the summer. One of the houses belonging to Mr. Bethmann, the banker, contains the Ariadne, Dannecker's *chef d'œuvre*, placed in a room with pink curtains, which impart to the statue a flesh-coloured hue.

Frankfort possesses an extensive and well-arranged museum of natural history, and a good theatre; some of the streets are wide and handsome, and the houses and hotels palace-like, especially along the spacious quays and on the Zeil, which would bear a comparison with the

finest streets of Europe. A stone bridge crosses the Maine, which is too narrow to admit of its being navigated; a small steamer, however, plies in the summer to Mayence. The new burial-ground, outside the town, though much inferior to that at Bologna, is upon the same plan; precaution against premature interment, already adverted to, is likewise taken here.

The population amounts to more than 50,000 persons, of which nearly one-fifth are said to be Jews, who, however, are no longer restricted, as formerly, to living in a particular quarter of the town.

Frankfort possesses some advantages for a permanent residence. Being the seat of the Germanic Diet, there are representatives from all the great powers; and there is, in the winter, a good deal of society among the members of the *corps diplomatique*, bankers, and merchants, which, however, is said to be greatly tinged with illiberalism and the spirit of coterie. The Church of England service is performed by the chaplain attached to the British mission. The Casino is well supplied with periodical literature, including some of the London journals: visitors can be introduced by a member. House rent and living are, however, more expensive than at other towns in this part of Germany. The air is pure, but the climate, in winter, is cold, and high winds are not uncommon. On the whole, Frankfort

would not be an unhealthy place of residence for persons in health, but it would not be an advisable one for invalids.

Rail communication is progressing rapidly between Frankfort to Wurzberg and Bamberg, there to join the northern line between Munich and Berlin. It has been some years established between Mayence and Weisbaden, and lately all the way to Basle. This is an interesting route; the scenery is agreeable, and several places of importance lie along the line. The environs of Darmstadt abound in gardens and pleasure-grounds. From the gate a fine avenue of lime trees is continued a considerable distance along the high road.

Darmstadt owes its existence to the residence of the ducal court. Its general aspect is handsome and court-like. Scarcely a shop is to be seen in the best streets, which are spacious and well paved, crossing each other at right angles. The finest is the Rhein Strasse, leading from the central square, in which stands the palace, to the Rhine-gate, beyond which another magnificent vista of lime trees is continued for more than two miles.

The country between Darmstadt and Heidelberg is beautiful and fertile, though, as in France, no country-houses or detached cottages are to be seen, the population being congregated in towns and villages. The peasantry in this part of Germany are poor and hard-working,

living chiefly upon coarse bread, vegetables, and milk, with animal food occasionally, and the inferior kind of Rhine wine. They are, however, for the most part, strong and healthy. Women are very commonly seen working in the fields till a late hour in the evening.

Mannheim, like Darmstadt and Carlsruhe, is a town of modern erection, being scarcely more than a century old. It stands on the right bank of the Rhine, and is connected with the opposite side by a bridge of boats, and has, at first view, rather an attractive appearance, the streets being wide, well paved, and built in straight lines, the houses white and stuccoed, and there are three or four spacious squares. The palace is rather an imposing structure, enclosing a spacious court-yard; its interior contains a few good pictures. The gardens are extensive, prettily laid out, and terminate in a long terrace, overlooking the Rhine. Several English families have taken up their residence at Mannheim, as living and house-rent are cheap, and there is usually a good deal of society in the winter. The theatre is tolerably good. The climate, however, in winter is cold and damp; part of the environs are marshy, and intermittent fevers are frequent among the inhabitants. I have known the health of some English persons to be materially deranged by a few months' residence at Mannheim. Steamers pass and repass several times in the day; the

journey may now be made from Mannheim to Cologne in one day, and to London in less than three days.

Twenty minutes are required to reach Heidelberg from Mannheim. Half-way are the mosque, gardens, and fountains of Schweitzingen, constructed in the middle of the last century. The environs of Heidelberg are a perfect garden, producing abundance of fruit and grain, while

"The vine, the merry cheerer of the heart,"

ripens on many a sunny slope, and, though no longer contributing to fill the "tun," still diffuses its inspiring influence throughout the land.

Heidelberg is placed on the left bank of the Neckar, at the foot of a chain of hills extending up the valley, and is overlooked by the extensive and picturesque ruins of the castle, formerly the residence of the Electors Palatine, and one of the most interesting objects in Rhenish Germany. The castle was built of the reddish sandstone which abounds in the neighbourhood, and which still serves for the construction of many of the buildings in this part of the country. From the terrace a delightful prospect may be enjoyed,

"O'er vales that teem with fruits, romantic hills,
Whereon to gaze the eye with joyance fills;"

as also of the placid Neckar, and of the rich plain through which "Father Rhine" pursues his steady but rapid course.

The town is old, clean, and cheerful-looking, and may be an agreeable place for a temporary sojourn. The population amounts to about 12,000 individuals, Catholics and Protestants, between whom religious differences excite no feelings of animosity; both, in fact, use the same church for public worship. The university is but thinly attended: the present number of students does not exceed five hundred. They have latterly been politically quiet, but duels among themselves are of very common occurrence; almost every third or fourth of them has his face disfigured by a scar. It is seldom, however, that these duels prove mortal, on account of the precautions taken beforehand; to prevent such an occurrence, a surgeon is paid by the state to take care of the wounded. Professors Tiedmann and Chelius are attached to the medical school, which is highly estimated in Germany.

Fine avenues of trees line the road on approaching Carlsruhe, the southern outskirts being disposed as agreeable pleasure-grounds. This town, like Darmstadt, has been built little more than a century, and is entirely dependant upon the grand ducal court. The streets are spacious and regularly built, the houses white and new-looking. The palace is a handsome edifice, occupying, with its dependencies, a semi-circle of the principal Place, the area of which is planted with trees and shrubs, and whence the

chief streets diverge. The number of inhabitants is about sixteen thousand, besides the military, who are numerous. Beggars are seldom seen in this or other towns along the Rhine. Some English families have taken up their residence at Carlsruhe, which offers facilities for education, and is a cheap place of abode.

Baden-Baden lies partly on the acclivity of a hill, on which stands the chateau, and partly in the valley, which is disposed in meadows, corn-fields, and orchards, and is surrounded on all sides by lofty hills, clothed to their summits with beech, oak, and pine. The little river Oos "with gentle murmur glides" through the valley, diffusing fertility around, and on many of the lower eminences the vine is cultivated.

Baden possesses the advantage of numerous shady walks, both in the valley and among the hills, without which the heat in summer would be excessive. The public pleasure-ground is agreeably laid out in parterres of shrubs and flowers, through which serpentine many pleasant paths, sheltered by rows of acacias and chesnut-trees. The Conversation-haus, where *réunions* for restauration, dancing, and gaming take place, is elegantly fitted up. Play is a great inducement for many objectionable characters to resort to Baden, and on that account it is not so much frequented by families of the higher classes as it would otherwise be. A splendid pump-room, with portico, where many of the waters imported

from other baths are drank, has been erected of late years. In the pleasure-ground, during the season, are numerous booths for the sale of prints, trinkets, &c. The town is clean and cheerful-looking; it contains upwards of five thousand inhabitants, and could receive nearly an equal number of visitors at a time. Many new houses and hotels have been built within the last few years, and the accommodations have been altogether greatly improved. The principal hotels are the Badischen, Englischen, Zahringen, and Russichen Hofs. There are likewise several other large hotels, which have baths in the house. The Church of England service is performed during the season.

As only one good carriage-road passes through the valley, excursions are usually made on foot or on donkeys. The fine oak avenue leading to the village and convent of Lichtenthal is the most frequented afternoon drive. Among the most interesting objects in the environs may be mentioned the Jagdhaus, the ruined castle of Ibourg, and the castle of Eberstein, overlooking the picturesque valley of the Murg. Many delightful paths have likewise been made among the hills. One of the pleasantest is that leading to the extensive ruins of the old castle, which forms a prominent object in the view from below, and whence the eye ranges over a beautiful prospect of the pine-covered hills of the Black Forest on the one side, and on the other, of the plains

extending to the Rhine ; beyond which towers the lofty and elegant spire of Strasburg Cathedral.

At Baden, as at every other watering-place out of the season, houses and apartments may be hired at a very low rate. It is not, however, eligible as a winter residence, for though it be in great measure sheltered from cold winds, yet, after rain, the ground remains long wet, and the dews in autumn are generally very heavy. Provisions and other necessities are likewise very scarce, except during the season, and many of the essential articles of consumption require to be sent from Carlsruhe.

Wildbad is about seven leagues distant from Baden. The drive, by the new road, across the mountains and the Murgthal, offers a pleasing diversity of scenery. This bath is greatly improved within the last few years. At one extremity of the principal street are the hotels, kursaal, and bath buildings, constituting a Place. This town lies in one of the most sombre valleys of the Black Forest ; behind it flows the rapid rivulet Ens, the banks of which, for about a mile, form the promenade. There are some agreeable and shaded paths among the mountains, but altogether Wildbad would be a triste place of abode, unless seclusion or the restoring powers of its waters was sought for. The climate is raw and cold during great part of the year, whilst, from the deficiency of free ventilation, to which narrow valleys between wood-covered mountains

are subject, the atmosphere must be considerably charged with moisture for some time after the falling of heavy dew or rain.

The water rises, through a layer of fine sand, to a height of from two to three feet in the basins or piscinæ, in which several persons may bathe at the same time. The natural temperature of the water is 30° R., being that best adapted for bathing. The baths are extremely refreshing and agreeable, and are calculated for the alleviation of several chronic disorders.

Stuttgart, the capital of Wurtemberg, is about four hours' drive from Wildbad, and is pleasantly situated in a valley surrounded by hills, on which the vine is cultivated, and, with the numerous white country-houses in the environs, looks well from a distance. It contains about 30,000 inhabitants, though but little to interest the passing traveller, and offers no inducement for a protracted sojourn. The palace is surmounted by an enormous crown in bad taste. The interior is handsomely but not gaudily furnished. Since the construction of this palace the old one, in the centre of the square, has been appropriated to government offices. The palace gardens are extensive, prettily laid out *a l'Anglaise*, and open to the public; they terminate at Rosenstein, the summer residence of the king, two miles from the town, of which it commands a good view, as well as of the course of the Neckar. The interior is tastily fitted up.

CHAPTER XIV.

NASSAU BATHS—WIESBADEN—SCHLANGENBAD—SCHWALBACH—
EMS—THE RHINE—AIX LA CHAPELLE—SPA—BRUSSELS—
ANTWERP—CALAIS.

THE duchy of Nassau, though small, is extremely beautiful, comprising within itself a great variety of scenery, while the fertility of its soil in many parts, its extensive woods, its valuable and numerous mineral springs, and its vineyards, which produce some of the most esteemed kinds of Rhine wines, are never-failing sources of its richness. The most beautiful parts lie in the north of the duchy, about Limburg, the banks of the Lahn, the Rheingau, and some localities of the Taunus Mountains. Most of the mineral springs and of the forest lands belong to the duke, who is said to be one of the richest sovereigns in Europe. He is about thirty years of age, intelligent and well informed, and is generally popular among his subjects. The air of the duchy is light and healthy, and many of the inhabitants attain an advanced age. The great majority are Protestants. The labouring classes are sober and hard working: they are all educated so as to be able to read and write; and though many of the peasantry are extremely

poor, there is no appearance of absolute destitution, and begging is very rare.

Wiesbaden, the capital, is encircled by low cultivated hills, behind which, on the north and north-east, rises the range of the Taunus Mountains, clothed with pine and other trees, the dark foliage of which forms a pleasing relief to the verdure of the valley and the white buildings of the town. The old part of the town presents nothing particularly remarkable, but the appearance of the Wilhelms Strasse, a handsome row of new houses fronting the promenades, is striking. Many other new streets, as well as isolated public buildings—among which is the Ducal Palace, in the centre of the town; the Ministerium, or public offices; and the new Catholic Church, still in progress of construction—have been erected within these few years, and the accommodations for visitors now leave little to be desired.

The Curhaus der Vier Jahreszeiten, one of the most extensive hotels on the continent, forms a corner of the Wilhelms Strasse, and one side of a square, on the opposite side of which stands the new theatre, a neat building, where there is always a good company of performers during the season; at which period, also, concerts and exhibitions are given, by artists of celebrity from other towns in Germany or from London. Across the road is a grass enclosure bordered by avenues of limes, and on either side a colonnade for

shops. At the extremity stands the *Kursaal*, an edifice which contains a magnificent saloon for balls and public assemblies, with smaller apartments for refreshment and gaming, which is licensed by government during the season, though the inhabitants of the town are prohibited from risking their money. The visitors for the baths do not generally take an active part in the public balls, which are more particularly attended by the inhabitants and holiday-folks from the neighbouring large towns. The *réunions dansantes*, which take place twice a week in one of the smaller rooms, are more select, and are generally preceded by a concert. The ground around the *Kursaal* and colonnades is laid out as a public garden, adorned with shrubs and flowers, and sheltered by acacias and other trees. From this pleasure-ground an agreeable path is continued by the side of a streamlet up the Valley of *Sonnenberg*, as far as the ruins of the ancient castle, two miles from Wiesbaden.

Nothing, in fact, has been neglected to render Wiesbaden the most frequented watering-place in Germany: the walks and drives are pleasing and varied; and from the rising grounds the Rhine, with Mayence, and other towns on its banks, are seen. The population amounts to upwards of 12,000, consisting principally of *rentiers*, government *employés*, tradespeople, and those connected with the bathing establishments,

most of which are in the neighbourhood of the Kochbrunnen, or principal spring, which rises in an open space in the town, close to the acacia avenue, where the water-drinkers walk up and down in the morning, at which time an excellent band is in attendance. It is usual here, as at other German watering-places, for a band to play during dinner-time at the principal *tables d'hôte*, though the music is frequently too noisy, and is not much relished by many of the English.

The heat of the weather in July and August is, at times, very oppressive, and thunder-storms are not unfrequent, but are usually of short duration; the evenings are generally fine and pleasant, and the air on the hills is light, bracing, and well calculated to remove the oppression caused by the atmosphere of the valley. From its sheltered position, Wiesbaden possesses a good winter climate for Germany, and is drier than that of Baden. Several English families have remained the last few winters. House rent, at this time of the year, is, of course, low, compared with what it is in the summer.

Sunday is a gala day in the season; the shops continue open, as do the theatre and Kursaal, which are generally filled with visitors from Frankfort, Mayence, and other towns in the neighbourhood. On these occasions, some hundreds of persons dine at the *tables d'hôte* of the

Kursaal, the Vier Jahreszeiten, Düringer's, and the Adler.* Almost all the English remaining at Wiesbaden, and other places in Germany, during the season, dine at the *table d'hôte*, private dinners being not unfrequently composed of dishes warmed up a second time. One o'clock is the usual dining hour, but, for the convenience of those who prefer to dine later, a four o'clock *table d'hôte* is provided at some of the principal hotels, the price being higher and the dishes of a better quality.

The duke resides, in the summer, at Biebrich, a chateau on the Rhine, about three miles from Wiesbaden, where there is an extensive garden, to which visitors have free ingress. A ducal hunting box, Die Platte, stands in a conspicuous position on an elevated ridge of the Taunus, and is usually visited by strangers. The apartments are tastily fitted up, with furniture chiefly made of stags' horns, and several fine pairs of antlers hang around the hall as trophies of the late duke's achievements in the chase. From the roof a fine prospect is obtained of an extensive tract of variegated country, including the course of the river for several miles, and the chain of the Bergstrasse Mountains, with the woods of the Taunus and Wiesbaden lying immediately beneath:—

* Düringer's new hotel, near the railroad station, is extremely well conducted, and, being at a distance from the hot springs, is preferred by many summer visitors.

"Here waving groves a chequered scene display,
And part admit, and part exclude the day;
There interspersed in lawns and opening glades,
Thin trees arise that shun each other's shades;
Here in full light the russet plains extend,
There wrapt in clouds the blueish hills ascend."

Those who are more particularly interested in the properties of the mineral springs may refer to my work, already mentioned.

A two hours' drive from Wiesbaden, passing through part of the Rheingau, will bring the traveller to the delightful and secluded little bath Schlangenbad, which consists of a large Nassauer Hof; the old and new bath-houses, likewise large edifices, capable of lodging many visitors, and four or five smaller hofs or lodging-houses. There is likewise an old rambling-looking building, which served formerly as the public room, and where the attempt was made to establish a roulette table. The hills by which Schlangenbad is enclosed are thickly wooded; numerous walks, easy of ascent, have been cut to points whence extensive views may be obtained.

Those who require quiet and retirement might pass a few weeks very agreeably at Schlangenbad, which, being higher and more shaded, is a much cooler residence than Wiesbaden. The baths also, from being but slightly mineralised, may be used by persons in health without risk, and not only impart a pleasurable sensation at the time, but likewise a feeling of

bien être for the remainder of the day. From the neighbourhood of Schlangenbad to Wiesbaden and Schwalbach there is a constant interchange of visitors between these baths.

Schwalbach is about an hour's walk from Schlangenbad, or a two hours' and a-half drive from Wiesbaden, through the woods of the Hohe Wurzel, one of the highest of the Taunus hills. This small town lies in a narrow valley, enclosed between steep hills almost denuded of wood, which imparts to them, at first view, rather a cheerless aspect. There are few continental watering-places, however, which present more advantages for the temporary residence in the summer months of those who are desirous of avoiding the bustle and society of larger baths, especially should their health require the employment of chalybeates.

Schwalbach lies considerably higher than Wiesbaden, and though the town itself is at times hot in the middle of the day, when the sun's rays are reflected from the hills, yet the air out of the valley is extremely bracing; the ground soon dries after rain, and the walks and rides in the environs are highly beautiful and varied. Within the last few years the place is considerably improved in its appearance and accommodations, though the people are said to have become more *exigeans*. It must be borne in mind, however, that the season lasts little more than two months, after which several of

the hotels and houses are unoccupied during the remainder of the year. Here, also, gaming-tables are established in the public rooms of the Allee Saal, the principal hotel, which opens out upon the Allee on a fine avenue of trees continuous with the public promenade, where two of the springs (the Weinbrunnen and the Pauline) arise; the third spring (Stahlbrunnen) is separated by a low hill from the others. Near the Weinbrunnen is the new bath-house, which contains numerous commodious bathing cabinets, and a promenade room. As the waters of Schwalbach are cold, they require to be heated to the proper temperature for bathing, which is effected by means of steam. A colonnade extends the whole length of the building, beneath which booths are opened in the season for the sale of books, toys, &c.*

About four hours are required for the journey from Schwalbach to Ems. The road is hilly as far as Nassau, a pretty hamlet, delightfully situate on the right bank of the Lahn, which is crossed by a neat suspension bridge. On the hill overlooking the village are the ruins of the Castle of Nassau, which, with the surrounding territory, was the original patrimony of the ancestors of the duke, and which now forms a prominent and interesting feature in the scene. From Nassau to Ems the road

* The Poste, the Herzog von Nassau, and the Hotel de l'Europe, are the houses most frequented by the English.

follows the course of the river as it winds between woody and cultivated hills.

Ems consists chiefly of a long range of houses, built against hills, which rise steeply behind it to a considerable height. The side of the valley is so narrow that there is barely space for the road and the public promenade between the houses and the river. Several houses have latterly been built on the opposite bank. The principal building is the Kurhaus, which stands in the centre of the village. On the ground-floor the water of the two principal springs is drunk. Between the two springs there is a long passage, on either side of which are ranged stalls for the sale of fancy articles; the upper stories of the building are disposed in apartments, the price of each, as fixed by the government, being ticketed on the door, as this establishment belongs to the duke. The public garden opposite the Kurhaus, though small, is prettily laid out. Within the last few years a handsome Cursaal has been constructed, in place of the former public rooms, for assemblies and play. An excellent musical band performs in the garden morning and evening, at the hours of drinking the waters. The Russichen and Englischen Hofs, and the new hotel of the Vier Jahreszeiten, may be mentioned as the principal hotels. The lodging-house of the Vier Thürmen, a large isolated building, surrounded by a garden, at the extremity of town, and the only private

house containing baths, with a turret at each angle, forms a striking object in the picture of Ems.

The situation of Ems is eminently beautiful, and the neighbourhood possesses several objects of interest, to which excursions are usually made on donkeys, which are here numerous and well-conditioned, and without which many of the visitors would be unable to ascend the steep hills by which the valley is enclosed. From this narrowness of the valley there is a want of free ventilation; the air is exceedingly oppressive and relaxing in July and August, so that it would not be an eligible residence at this time of the year for those who do not require its waters. The only road for carriages is the one passing through the valley from Coblenz, which is about twelve miles distant, or to Schwalbach and Wiesbaden, which is daily traversed by an eilwagen.

Mayence is seven miles distant from Wiesbaden, whence the *trajet* is made in twenty minutes by the railroad to Cassel, the fortress on the right bank of the Rhine, which forms part of the fortifications, and is connected with Mayence by a bridge of boats. Though belonging to the duchy of Hesse Darmstadt, Mayence is strongly garrisoned by the Austrians and Prussians, owing to its importance as a fortress of the Confederation. It looks well from a distance, but possesses few interesting public

edifices except the cathedral, and only two or three good streets, the majority being narrow and irregularly built. A bronze statue of Guttenberg, of indifferent execution, stands in the market place. The number of inhabitants amounts to about 30,000, exclusive of the military. A short distance from the town is a public garden, with a platform overlooking the Rhine, at the point where the Maine flows into it, and commanding a good view of Mayence, its bridge of boats, and part of the Rheingau, with the Taunus in the background. The military bands of the garrison play here alternately every week during the summer, on which occasions many of the Wiesbaden visitors resort to Mayence.

Steamers leave Mayence daily for Cologne, touching at Biebrich, whence the journey to Rotterdam may be made in two days. With the exception of the part between Mayence and Bonn, the banks of the Rhine are flat, and present but little interest, so that most travellers quit the river at Cologne, and pass through Belgium to reach the sea, either at Antwerp or Ostend, which is the most expeditious route to England since the railroad has been completed.

On descending the river from Mayence, the Palace of Biebrich first attracts attention, and looks well from the water. Further on lie the pretty towns of Geisenheim and Rudesheim,

where two of the most esteemed wines of the Rheingau are produced. The Castle of Johannisberg, on its vine-covered hill, is likewise a prominent object in this part. Opposite Rudesheim stands Bingen, whence persons not pressed for time will derive much gratification from ascending the beautiful Valley of the Nahe, beyond Kreutznach, the waters of which have been a good deal in repute during the last few years. The scenery of this valley is of the highest order of picturesque beauty. At Bingen the Rhine, becoming narrower, serpentines rapidly past

“Many a rock which steeply lowers,”

crowned with castellated ruins, and hills cut in terraces for the cultivation of the vine, rising above neat towns and villages which adorn the banks; among these Oberwesel (above which stands the Castle of Schönberg), Boppart,* and St. Goar, which is overlooked by the ruined fortress of Rheinfels, are remarkable for the beauty of their position, the river at these points being hemmed in by the mountains, so as to give it the appearance of a lake. Rheinfels was one of the most extensive of the fortresses on the Rhine, and was considered impregnable till it was taken by the French, by whom it

* Overlooking Boppart stands Marienberg, formerly an extensive convent, now an establishment for the cold water cure, of which I have given an account in my work, “Hydropathy and Homœopathy impartially Appreciated.”

was destroyed. It now presents a complete picture of desolation :—

“ Verbrannt sind Thüren und Thore
Und überall ist es so still,
Das alte verfallne Gemäuer,
Durchkletter' ich wie ich nur will.”

Marksburg, the only one of these castles which has escaped destruction, and is in a habitable condition, is now used as a state prison. It stands perched on the summit of one of the highest and steepest rocks, and is seen from a considerable distance. Further on stands Stotzenfels (which was presented to the King of Prussia, and was put into repair), opposite the embouchure of the Lahn, whence an agreeable road leads to Ems. A little beyond, Coblenz and its rocky fortress, Ehrenbreitstein, rise upon the view.

Coblenz is a neat town, lying at the point of union of the Moselle and the Rhine, and is strongly fortified on every side. It contains about 12,000 inhabitants. A bridge of boats crosses the Rhine, and connects the town with Ehrenbreitstein, whose precipitous rock, bristling with defences down to the water's edge, frowns defiance around, and is now considered to be impregnable.

Between Coblenz and Cologne the banks of the river are less hilly, but more fertile, and thickly wooded. Few rocky eminences or ruins

are seen before arriving at the seven mountains ; the highest of them is crowned by the " castled crag of Drachenfels," which immediately overlooks the river, whence it is seen to great advantage. On the opposite bank stands Godesberg, the last of the ruins, beyond which the river flows through a cultivated plain to Cologne.

Bonn is an ancient town, enclosed within walls, with narrow and badly paved streets, and presents nothing of sufficient interest to delay the traveller. The university enjoys a high reputation, and was founded in 1818 by the late king, on the model of the university of Berlin. The students are for the most part orderly and diligent. Their number is about 1,000. A fine avenue of trees leads to the Castle of Popplesdorf, where there is a botanical garden.

Cologne, the chief city of Rhenish Prussia, contains 50,000 inhabitants and a large garrison. Like Mayence and Coblentz, it is connected by a bridge of boats with fortifications on the opposite banks. It has only one square, and the streets are narrow, irregular, and dirty, presenting altogether a sombre appearance. The cathedral, built in the old gothic style, is in progress towards completion, and, seen from a distance, appears like two separate buildings. Rubens was a native of Cologne ; his portrait, and an inscription on the wall, indicate the house in which he was born. The crucifixion of St. Peter,

a *chef d'œuvre* of this painter, is exhibited in one of the churches.

The country between Cologne and Aix la Chapelle is level and well cultivated. This town is delightfully situated in a well-wooded and fertile valley, surrounded by gentle risings of ground covered with verdure. But little of its former magnificence remains; the gates and walls have been demolished, and the ramparts, planted with limes and chesnut-trees, now form an agreeable promenade. The number of inhabitants is about 30,000, and the town presents a stirring and animated appearance during the bathing season.

The most remarkable public edifices are the Hôtel de Ville, and the cathedral or chapelle built by Charlemagne, where the ashes of this potentate till lately reposed. Two or three spacious new streets have been erected for the accommodation of visitors. The principal hotels and bathing-houses are conveniently fitted up, and are provided with requisite apparatus for douches and vapour-baths. The season begins in June, and terminates about the middle of September, after which period the coolness of the atmosphere would tend to counteract the operation of the waters. The Redoute is a handsome public room for balls, and where gaming is carried on; play is under the superintendence of government, an *employé* being always in attendance to prevent any of the inhabitants of

the town from participating in the chances of the gaming-table.

The environs of Aix la Chapelle abound in pleasant drives and rides, which adds greatly to its attraction as a summer residence. The most favourite place of resort of the inhabitants is Louisberg, a hill near the town, of which it commands a good view, as well as of the little town Borcette, and the richly variegated scenery of the surrounding country.

Spa lies at an equal distance between Liege and Aix la Chapelle, in an agreeable valley of the Ardennes, at the foot of and between two projecting masses of a steep hill forming an amphitheatre, by which the greater part of it is sheltered from the north and east. The valley is a thousand feet above the level of the sea, and is a pleasant abode during a few weeks in summer. The walks and rides in the environs, and about the hills, are beautiful and varied; the most usual point of *réunion* is the *Promenade de Sept Heures*, which, however, of late years, has presented rather a deserted appearance, the tide of fashion having flowed in other directions; and since the Belgian revolution, this bath has been abandoned by its Dutch visitors, who used to resort thither in large numbers. Spa, notwithstanding, does not lack resources for amusement. There are a theatre, public rooms for baths and concerts, a *redoute*, where games of hazard are played, and ponies for excursions into the

country. It is, moreover, not expensive as a summer residence, and is still a good deal frequented by the English who are in the habit of wintering at Brussels.

The country about Spa abounds in chalybeate springs, and oxide of iron is occasionally visible on the rocks. The principal spring, the Pouhon, is the only one which rises in the town. The water has the usual characteristics of springs of this kind, and tastes more astringent than many others, from the comparatively small quantity of salts. Exposed to the action of the air, the iron is soon deposited in the form of a reddish brown sediment. The temperature of the water is 8° R.

An avenue of horse-chesnut trees leads from Spa to the Geronstère spring, two miles distant, and surrounded with pleasure-grounds. The Sauvenière and the Groesbeek springs are also at some distance from the town, in the woods; the former contains more iron and gas than the Geronstère. About a mile from the latter are the two Tonnelets, chiefly used for baths, for which purpose there is a low dilapidated-looking building on the spot. Carbonic acid is in such abundance in the neighbourhood of these springs that it is frequently perceived issuing from the clefts in the rocks. The quantity is augmented in certain states of the atmosphere, especially during the prevalence of north winds.

The high road from Aix la Chapelle to Liege

traverses a richly-wooded and beautiful undulating country, and from the high grounds a series of delightful prospects may be enjoyed. Liege lies between steep hills on the left bank of the Meuse: it exhibits all the bustle of a large commercial and manufacturing town, and has an aspect of great antiquity, the houses being old, most of the streets narrow, dirty, and irregularly built. The principal manufactories are iron work, especially fire-arms. On the hill above the town stands the citadel, which is strongly fortified. Persons who are more gratified in viewing beautiful scenery than in hurrying through a country should take the route to Brussels by Namur. The valley of the Meuse between this town and Liege is full of pastoral beauty and richness. The river flows placidly through scenery diversified by corn and meadow land, among which villages and neat farm-houses are thickly scattered, low woody or cultivated hills, sloping downwards to the water's edge, and precipitous sandstone rocks, whose greyish hue presents a pleasing contrast with the verdure by which they are surrounded. At Huy the river is crossed by a neat stone bridge; a fort, built in 1815 by the allies, crowns an eminence commanding the bridge and the road to Namur. This town is strongly fortified by a citadel and extensive works along the heights, which overlook the river; and by ramparts and a double fosse extending round it on the land side. Its

streets are narrow and dirty; the population amounts to about 20,000 persons.

The road to Brussels here quits the Meuse, passing through a populous and highly cultivated country, the pretty hamlet of Waterloo, and the battle field, which is now the most productive land in Belgium :—

“ How that red rain hath made the harvest grow ! ”

The farm of La Haye Sainte stands on the road-side; its walls still bear visible marks of the conflict. Before arriving at Brussels, you pass through “dark Soignies” wood, and the village of Mount St. Jean; in the church are marble tablets inscribed with the names of some of the British who fell in the action.

Brussels presents the stirring and animated appearance of a large capital; its population amounts to 100,000 persons. Spacious boulevards, embellished with ranges of handsome houses, encircle the town; the principal streets are wide, regularly built, and lined with showy shops. The Place and Rue Royale, in particular, have a handsome and courtly appearance, and, together with the park, form a splendid *coup d'œil*. The park, though small, is pleasantly laid out, and the walks are well sheltered by lofty trees. At each end stands a royal palace, which seen through the vista of trees produces a good effect. One of these, the Palace of the Prince of Orange, contains richly-decorated apartments and beauti-

fully inlaid floors, and is generally visited by strangers. Among the most interesting public edifices are the Church of St. Gudule, an ancient gothic structure, somewhat resembling, in its exterior, the Cathedral of Nôtre Dame at Paris, and the Hôtel de Ville, likewise a fine specimen of gothic architecture, of which the extensive *facade*, adorned with finely sculptured fret-work, and the lofty elegant spire, are strikingly beautiful.

In the immediate neighbourhood of Brussels is the geographical establishment, founded by an individual in 1830, for lithographic maps and engravings, and the construction of globes of various sizes. Attached to it are a botanical garden, a museum of natural history, and a large room for the delivery of lectures on various scientific subjects. A little beyond this institution stands the Palace of Lacken, the usual residence of the king. The Belgians resemble the French in several points of their character. They are, however, more religious than the Parisians, and, being almost all Catholics, the clergy have considerable influence, not only over domestic life, but also in public matters. There has long been a large colony of English at Brussels, which may be in many respects likened to Paris on a small scale: the chief advantage which it presents over the French metropolis is in the greater cheapness of house-rent and living. The winter climate is perhaps one of

the least eligible, as compared with many other towns frequented by the English, on the continent.*

The railroad conveys travellers from Brussels to Antwerp in about an hour (through a level fertile country, intersected in many parts by canals); to Ostend in five hours; to Lille in five and a-half; and the whole distance from Ostend to the Rhine at Cologne in about thirteen hours.

Antwerp has an antique and rather sombre appearance; the houses are built in the old Flemish style, with their gables fronting the street. At the corner of several of the streets the figure of the Virgin and Infant may be seen, as in Italian towns. The quays along the Scheldt are broad and handsome; several basins for the repairing of shipping communicate with the river. Many of the women wear rich black silk scarfs, termed *camelots*, to cover their head and shoulders, over which the *camelot* descends in the mantilla fashion. This costume has been continued since the time of the Spanish occupation of the Netherlands. It is, however, now very much superseded by French fashions, and is mostly confined to old or middle-aged ladies.

The principal object of interest to the passing traveller is the cathedral, one of the finest specimens of Gothic architecture extant, which,

* The journey between these two capitals now occupies about thirteen hours.

however, is not seen to advantage, on account of shops and other erections being built up against it. In the interior the large picture of the Descent from the Cross, a *chef d'œuvre* of Rubens, will immediately attract attention. There is likewise another picture, the Elevation of the Cross, by the same artist, which, however, is inferior to the former. From the summit of the building an extensive panorama is displayed to the view of the town, the course of the Scheldt, Brussels, Ghent, and other towns. The citadel, and the position occupied by the French during the siege, are likewise best seen from this point. The museum contains but few superior pictures.

Ghent has a population of 84,000 persons, but is not a place calculated for the residence of English families, though a day or two might be passed in viewing its churches, collection of pictures, and theatre, which is one of the finest in Europe.

At Bruges, which has 40,000 inhabitants, there are about 200 resident English. Two or three of the churches are worth visiting, but the town has a dull aspect, and the only inducement to select it for a residence is cheapness of living.

The sea passage from Antwerp to London is very little more than that from Ostend, as there is five or six hours' navigation of the river. The departure is usually at noon, as there

is no occasion to wait for tide as at Ostend and other ports.

Ostend is but a dull place, though generally full of visitors in the sea-bathing season.

Those persons, however, who dislike a long sea passage, and are not particularly pressed for time, will do well to proceed from Brussels to Calais, which only requires an additional few hours, instead of going from Brussels to Ostend. The scenery of this route is in some parts highly interesting, being agreeably diversified with woods, cultivated lands, and neat farms:

Lille, the frontier town of France, is well fortified, commercial, and dirty-looking, with a population of 60,000 inhabitants; a few posts further on the traveller enters Cassel, a neat little town, situate on the hill of the same name, commanding a most extensive prospect of the plains of Belgium, Flanders, and Picardy. In clear weather may be seen, from this elevation, besides innumerable villages, the towns of Dunkirk, Ostend, Bruges, Courtray, Lille, and St. Omer, together with the sea, and, in the extreme distance,

“ That pale, that white-faced shore,
Whose foot spurns back the ocean’s roaring tides,
And coops from other lands her islanders.”

The country between Cassel and Calais is pretty and rather hilly. St. Omer is a strong town, containing about 20,000 inhabitants; the

streets have a triste and deserted appearance. A few English families have taken up their residence at St. Omer, which presents no other advantage than the cheapness of living. The environs of Calais are flat, and totally devoid of interest. The town was formerly termed an universal inn, from its bustling aspect, caused by the constant arrivals and departures, but Boulogne and Ostend have been more favoured of late years; Calais will, however, supersede Ostend, as regards the majority of Belgian and German tourists, when the railroad to Lille is completed, though it offers at the present day no more inducement to travellers for delaying their departure than it did to one of Ariosto's heroes, when on his embassy from the camp of Charlemagne to England, who, we are told,

“—— a Calesse, in poche ore trovossi
E giunto, il dì medesimo imbarcossi.”

A P P E N D I X.

*Remarks on the Influence of Climate and Travel, and on some Prevalent Causes of Disease.**

THE great influence exerted by different localities and states of the air upon the human race could not fail to have been observed from the earliest periods, and has been repeatedly commented upon by medical authorities from Hippocrates to our own times, though of late years the consideration of this influence has not had its due weight in this country as respects the remedying disordered conditions of the economy, except in some particular instances. It is not my intention to dilate upon this subject, but a few observations may not inaptly be here introduced.

Every one will have remarked the striking

* Many persons out of health will doubtless be deterred by the present unsettled state of the Continent from wintering abroad. Those who are interested in the subject may, therefore, obtain information relative to the advantages of different localities at home from the last edition of my work on the English Watering-places.

differences observable in various classes of the community, according to the quality of the air they breathe, and the nature of their avocations. What, for instance, can be more marked than the contrast which is presented by the inhabitants of a marshy plain with the dwellers upon the mountains by which that plain is enclosed? or than that which exists between agriculturists, sportsmen, and others, who take active exercise and are constantly changing the air, and the pallid countenances and deficient muscular energy exhibited by those inhabitants of a metropolis, or of a large manufacturing town, who, during the greater part of the day, inhale the close and vitiated atmosphere of workshops and counting-houses? Who has not noticed the difference in the appearance of many of the higher orders of society, especially of the ladies, on their arrival from the country and at the close of the London season, after subjection to the combined agency of want of proper muscular exercise, breathing the air of crowded rooms, and of the high nervous excitement consequent upon a life of so-called pleasure? What a difference also do not the diseases of these various classes of persons present? How differently, again, is not the same person affected in health and feelings according to the warmth or coldness, the humidity or dryness, of the atmosphere, and its variation with respect to the electricity with which it is charged.

The effects of climate on body and mind are perceptible on a large scale in the inhabitants of different regions of the globe. Thus, in cold latitudes, the molecules of the body are approximated to each other, as evidenced in the stunted growth of the Icelanders, Laplanders, and Esquimaux; the blood is driven from the surface to the internal parts, the insensible perspiration is lessened, the activity of the skin being superseded by increased exhalation from the pulmonary surface. The air in northern regions being denser and more charged with electricity, a larger quantity is introduced into the lungs, and more oxygen is supplied to the blood.

From the augmented action of the lungs and air passages under these circumstances, these parts are necessarily predisposed to disease; hence the frequency of their inflammatory affections; and, as regards the functions of the alimentary canal, there is an aphorism of Hippocrates, "*Cutis rara, alvus densa.*" The eyes are also affected by the prevalence of cold, the eyelids of Laplanders being very commonly red and tumefied.

The effects of warm climates on the animal economy are necessarily of an opposite kind to those above-mentioned; the body is more expanded, the blood is drawn to the surface (which is seconded by the diminished density of the air), and the cutaneous secretion is increased. This increased degree of vitality and sensibility of the

skin renders its diseases more frequent and intractable. In consequence of less oxygen being taken into the lungs, from the air being more rarified, the venous system predominates over the arterial, and the liver, excited to greater activity, plays an important part in the decarbonization of the blood—hence the frequency of its diseases in warm climates. The effects of temperate climates necessarily vary according to the seasons. Thus, in winter and spring, affections of the respiratory organs, hæmorrhages, rheumatism, and apoplexy will be more common. The frequent variations of temperature, and especially exposure to cold and humidity, are the most usual cause of inflammations of the membranes and viscera. In summer and autumn, on the other hand, analogous disorders to those of warm climates are most prevalent: gastritic and abdominal irritation and relaxation, cholera, fevers of various types, and spasmodic and nervous affections. Pulmonary consumption is more frequent in temperate than in either cold or warm latitudes: in proportion as we advance towards the tropical regions does its frequency diminish. A cold and humid temperature, and frequent atmospheric vicissitudes, by producing repeated bronchial inflammatory attacks, are the chief exciting causes. Cold and humidity combined are likewise chiefly instrumental in the production of diseases of the lymphatic system, local and general dropsies, scrofula, rickets, &c.,

as also of calculous disorders, which are rare in southern latitudes, where the amount of renal secretion is greatly diminished by that of the cutaneous exhalants. To this cause may be added the more vegetable nature of the diet of the population. Gout, which has great analogy, as to its causes and nature, with the before-mentioned complaints, is also more prevalent in England, France, Germany, and other temperate climes. On the whole, however, the mortality is much less than in either cold or warm climates. England is, perhaps, the country where the annual mortality is the least in proportion to the population. According to the statistical accounts, the proportion of births is as one to thirty-five, of deaths as one to fifty-eight. Next to England, Sweden ranks as the healthiest country, then Belgium, then France; so that, if the vicissitudes of the seasons occasion many diseases, they are, notwithstanding, a source of salubrity, by purifying and renewing the atmosphere.

The greatest mortality occurs in warm countries, and, as regards Europe, it increases in proportion as we advance from the central parts southward. Thus, while in the former there is only one death in forty, in the latter the proportion is as one to thirty-three, and this rate of mortality goes on increasing as we advance towards the regions near the equator. In all these countries, however, the amount of births is greater in proportion than in the north.

According to the author from whom some of these statistics are taken, the cities in which the average mortality is the least stand in the following order:—London, Madrid, Moscow, Paris, Copenhagen, Naples, Dresden, Amsterdam, Stockholm, Vienna, Venice.* As regards the influence of climate on the mental and moral qualities, M. Foissac observes:—"The seasons may be considered, according to Hippocrates, as the chief causes of the differences observed among men: the regularity or irregularity with which they pursue their course impresses itself upon the physiognomy and moral habits. In countries where the temperature is always the same the inhabitants are naturally disposed to indolence, and men are led astray by the irresistible attractions of pleasure; those commotions which render the disposition fiery, intractable, and enterprising, do not occur; whereas bodily exercise and mental activity become a want in countries where the seasons are more variable; labour and fatigue occasion courage and stimulate industry.

"The climate of Europe, being the most modified by the irregularity and alteration of the seasons, is likewise that in which the genius of man has given birth to the greatest number of prodigies in the arts and sciences. In Africa nothing great has been done, except in those regions which are liable to great and sudden

* Foissac.—*De l'Influence des Climats sur l'Homme.*

changes of temperature. In Asia there are scarcely any temperate climates: in the southern parts the productions of the earth are obtained and enjoyed without labour; on the other hand, in the wild countries of its northern zone, nature is unproductive, life languishes, and human industry barely suffices to maintain a miserable existence. In its centre alone are some countries the temperature of which resembles that of Europe; and from their bosom have emanated the warlike armies which have conquered the rest of Asia. The same remark applies to America. Those countries in which frequent variations of the seasons are most experienced are also those which first enter upon the path of civilization, and those where it makes the greatest progress. We may, from these instances, perceive how great a value we ought to attach to the return and continual succession of cold and heat, to winds, and even to tempests, which interrupt the uniformity of each season; and yet man, always blind and ignorant of the condition of the true good which he possesses, laments that he so seldom enjoys the equability of temperature, which presents to him the attraction of pleasure. He does not see that a perpetual spring, the golden age of nature, dreamt of by poets, would be destructive to genius, to courage, and virtue. The volcano of Pichincha is not the most dangerous enemy which threatens the inhabitants of the delicious valley of Quito."

With respect to the variableness of the English climate, Sir H. Davy observed:—"Of all the climates of Europe, England seems to me to be most fitted for activity of mind, and the least suited to repose: the alternations of a climate so various and rapid constantly awaken new sensations, and the changes in the sky, from dryness to moisture, from the blue ethereal to cloudiness and fogs, seem to keep the nervous system in a constant state of excitement. In the changeful and tumultuous atmosphere of England to be tranquil is a labour, and employment is necessary to ward off the attacks of ennui. The English nation is pre-eminently active, and the natives of no other country follow their object with so much force, fire, and constancy."*

Every one has experienced in himself the variation in his feelings and capabilities for mental or muscular exertion, according to different states of the atmosphere at different periods, and even in different hours of the same day. This is more especially apparent in certain disordered conditions of the economy, as in most nervous complaints, in which atmospheric changes can often be confidently predicted from the sensations experienced; and, on the other hand, it is less felt in proportion as the body is in health and the mind occupied.

"There are days," says the author already quoted, "on which the mind falls into a state of

* Consolations of Travel.

languor, and despairs of the future. Overcome by insurmountable sadness, it casts a veil of mourning over the whole of nature, existence is a burden, philosophy is powerless, and friendship has no charms. Everything, even consolation, importunes us. This state of anguish, which seems to us irremediable, passes away without obvious reason, and sometimes with a quickness which seems to be marvellous. What secret cause can then have produced so sudden a metamorphosis?—a cloud, which obscured the heavens, has disappeared—the wind, which agitated the air, is hushed. It seems certain that, in our climate, the east wind predisposes to sadness and discouragement. It is said that it blows crimes upon Cadiz.

“None of the intellectual faculties or affections escape this powerful action: the dispositions of mind are not more variable than the atmosphere. Poets, painters, and musicians know that inspiration is capricious; it comes when least expected, and refuses when it is solicited. Oratory, philosophy, the sciences, and reason, are subject to the same laws, and to the same influence. On remarking all the contradictory sentiments which in man succeed each other, one would be inclined to say that he only acts from caprice, being alternately brave or timid, insensible to affront or ready to avenge himself on the slightest offence—either impassioned for glory or disdaining her favours. Revolutions and civil

wars, if not occasioned, have at least too often been impressed with bloody characters which have stained the page of history, by the constitution of the atmosphere. It is chiefly on the approach of storms that man feels himself less disposed to labour or philosophical speculations: he is then more inclined to impatience, anger, and depression.

“From this it is easy to conceive how temporary and individual impressions may become general. Let us suppose, what really exists, that in a particular country the atmospheric constitution of which impresses upon the *moral* any determinate tendency, all the inhabitants will be more or less affected. The cerebral faculties, constantly exercised, will assume an anormal development; this disposition, transmitting itself from generation to generation, and receiving from the always active influence of the air its continual nourishment, may become the moral type of a people, and impart a distinct physiognomy to the national character.”

Thus far as regards the general influence of climates upon individual and national health, character, and disposition; it is not, however, merely the breathing of a warm or cold air, a dry or a damp one, which requires to be considered in a remedial point of view, but beyond this, the action of these states of the atmosphere upon the surface of the body, and consequently upon internal organs, which has already been

partially referred to. Every medical man is aware of the close sympathetic relations existing between the skin and internal parts, especially the mucous membranes and the thoracic and abdominal viscera, of which the bronchial, pulmonic, or enteritic irritations and inflammations, induced by a chill, exposure to wet, &c., are familiar examples. In winter it is well known that there is a corresponding diminution in the amount of the insensible perspiration, with a greater increase of bronchial and renal secretion, whereas in summer the reverse occurs, and we are more inclined to be thirsty, on account of the increased excretion from the skin. When, therefore, we consider the coldness, variableness, and humidity of the climates of Great Britain and Ireland during a great portion of the year, we at once perceive a cause of the great prevalence among us of many diseases, especially catarrhal affections, pulmonic consumption, rheumatism, &c., which so frequently resist the efforts of medicine, and in the removal or alleviation of which a change to localities where these causes can be, in great measure, obviated, is most likely to prove efficacious.

But the directly exciting causes, depending upon the state of the atmosphere, and other physical deleterious agencies, would, in many cases, be insufficient for the production of disease, were it not that the body is frequently rendered more susceptible to be affected by

them from predisposing causes of various kinds, which, being slow and gradual in their action, seldom attract attention; and their avoidance or removal (even when practicable) is consequently too often neglected, till the general health has become materially impaired. A too sedentary mode of life, and the want of proper and daily walking exercise, is a common predisposing cause of disease, whence the free circulation is impeded, and a congestive state of particular organs is induced, with a deficiency of blood in others, and consequently an arrest or alteration of various secretions. Few persons who take regular and sufficient walking exercise are subject to cold feet, which is so common a complaint among females in the higher ranks of life. The want of due expansion of the lungs in inspiration, which is also a consequence of sedentary habits and of tight lacing, not unfrequently predisposes to diseases of these organs, especially to consumption, the tendency to which has in several cases been removed by exercise, which brings the muscles of respiration into action, as rowing, the use of dumb-bells, &c. Anything which lowers the powers of the system, as dissipation, fatigue, a diet of an improper or a too exciting nature, renders the body more liable to be affected by deleterious external agencies. Anxiety, disappointment, and other distressing moral influences, act in the same way, and these causes are more frequently instrumental in the

production of disease than is generally supposed. Hence, travelling tends materially to prevent or counteract the operation of the above-mentioned causes; and the greater facility and inducements offered, in most of the places of resort on the continent, for being more out of doors than in England, conduces to the same end. The cheering influence upon the mind of clear skies and sunshine in winter; the interest excited by scenery of a novel and magnificent character, or by works of art, &c., are powerfully calculated to divert the mind from dwelling upon unpleasant or gloomy ideas, and consequently to procure the removal of many diseases, especially when induced by, or connected with, circumstances of a mental nature. On this principle, travel and change of air were not unfrequently recommended in the earlier periods of history, and their influence is thus alluded to by Shakspeare, with reference to Hamlet's malady:—

“Haply the seas and countries different,
With variable objects, shall expel
This something settled matter in his heart,
Whereon his brain, still beating, puts him thus
From fashion of himself.”

Some diseases, however, even when of a chronic nature, and induced by the action of the above-mentioned predisposing and exciting causes, would not be alleviated by change of climate, which requires much discrimination, and consideration of the circumstances in individual

cases, not only with respect to the choice of localities for a temporary residence, but also as to whether the case be one which admits of being benefited by removal from home; and before the subject of climate was so well understood as at present, numerous invalids were sent abroad, who should never have quitted their homes, and many were recommended to places perhaps the least adapted to their cases. In some, again, the excitement and inconveniences attendant upon travelling, and the separation from friends, would more than counterbalance the advantages of climate, which, as Sir James Clarke justly remarks, in his standard work, is not to be considered in the light of a specific remedy, but is chiefly beneficial by its placing persons in the most favourable situation for the removal of their disease. "All," says Sir James, "is trusted to the air, relaxation from business or amusements, and when these are withdrawn, the dyspeptic and nervous invalids lapse rapidly into their former state." Other remedial means are consequently required, in the majority of cases, to be conjoined with climate, for the complete cure of several diseases, as the judicious employment of medicines, and of mineral waters and baths during the summer months. The latter class of remedial agents is especially calculated to remedy visceral obstructions and congestions, and to prepare the way for the invalid's subsequently obtaining the full amount

of benefit which climate is capable of affording, and without the previous employment of which climate would often produce only a temporary advantage. The combined influence of these powerful remedial agents (mineral waters and climate), by their gradual and alterative operation, is eminently adapted to the treatment of a large proportion of chronic diseases, and is much more likely to effect their permanent removal than the employment of pharmaceutical measures.

Having already endeavoured to indicate in general terms the diseases to which I consider particular localities best adapted, I will in this place merely subjoin a few additional remarks on them.

DISEASES OF THE LUNGS AND AIR-PASSAGES.—The quality of the air which is inspired into the lungs is a point of as much consequence in chronic pulmonary affections as would be that of the aliment introduced into the stomach when this organ is in a diseased state; and unless a circumstance of such paramount importance be attended to in the treatment of these affections, the powers of medicine will frequently be of little avail, or will only be capable of alleviating urgent symptoms; though it not unfrequently happens that, by a too exclusive reliance upon them, diseases which might have been cured by the change from a vitiated to a purer atmosphere, combined with a proper regimen, become irremediable, and recourse is had to climate as

a last resource, when it is but too obvious that medicine is powerless in arresting their progress. This remark more especially applies to consumption, which occasions annually so great a mortality among all classes in Great Britain, but which may often be effectually checked in its earliest stage—especially among those individuals who have the means of selecting or changing their place of residence, as circumstances may require—by a suitable winter climate, regimenal and medicinal management. When the disease is fully confirmed, and attended with its more characteristic symptoms, little or no permanent benefit can be reasonably expected from climate, and a long land journey would be decidedly prejudicial. Under these circumstances, there are several places in England where as much benefit may frequently be obtained as from the climates of the continent. Thus, in pulmonary diseases attended with much excitement and general irritability of the vascular system, the warm and humid atmosphere of Devonshire would probably be the best adapted to the case, or the more sheltered parts of Clifton, Undercliff, or Hastings; while, in those cases where there is less susceptibility to cold air and a more torpid circulation, the higher localities of Clifton—Brighton in the early part of the winter—or St. Leonard's near Hastings, might be preferable. In many cases, again, especially in the early stages of this disease, great advantage, if not a

permanent cure, may be obtained by a sea voyage, and by the climate of Madeira, which also, in the more advanced stages, holds out, perhaps, a greater prospect of life being prolonged for a few months than any other locality, though, under these circumstances, it would scarcely be advisable to recommend a removal from home, and separation from friends. Dr. Mason, one of the resident physicians, says of Maderia, that it possesses "many of the characteristic peculiarities of a tropical climate, without being baneful or fatal to health, like the West Indies. The mean temperature of the year is higher than the temperature of summer in England, while the temperature of the seasons is very equable and only oscillates from 59 to 69 deg., or, according to other observations, from 62 to 73 deg. Fahrenheit."* Maderia, therefore, would, on account of the warmth and fineness of the weather in winter, the equableness of its temperature, and comparative freedom from cold winds, be the most advantageous locality abroad for the majority of consumptive patients, who must, for the most part, make up their minds to residing on the island throughout the year, or, should they go to England for a few weeks in the summer, to return on the approach of winter, as a climate of this kind would have the effect of rendering those accustomed to it, like a hot-house plant, extremely susceptible to the atmo-

* Medical Almanack for 1839.

spherical variations in other parts. It would, therefore, be advisable, even when a complete cure appears to have been effected at Madeira, that the person should pass a winter at Pau, Rome, or Nice, according to circumstances, and taking precautions to guard against the transitions of temperature, previous to wintering in England. When there is merely a general delicacy of the constitution, with a predisposition to consumption from hereditary tendency, or a strumous diathesis, Nice, Pisa, Rome, Naples, or Malta, would often be preferable to Madeira. The above remarks are also applicable to affections of the bronchia and larynx, which are sometimes difficult to be distinguished from phthisis, even with the aid of auscultation and percussion. I need not, therefore, add anything further to what has been already said respecting them, except that in many cases of pulmonary and bronchial disease the use of the mineral waters of Caunterets, Eaux Bonnes, Ems, Weilbach, Selters, &c., in the summer, will be attended with the greatest advantage.

DISORDERS OF THE DIGESTIVE APPARATUS.—These affections, in the different varieties which they present, are for the most part, when of long duration, capable of being materially benefited by climate, especially when preceded or accompanied by a course of mineral waters. When indigestion depends upon an irritable state of the alimentary canal, with a tendency to inflam-

matory action, by bathing in and drinking a slightly mineralized thermal water (as Baden, Wildbad, Schlangenbad, or St. Sauveur), during part of the summer, and subsequently repairing to Pau, Rome, Florence, or Pisa, for the winter, a perfect cure, or at all events a considerable degree of amelioration, may be looked for in most cases. Where there exists principally a morbid susceptibility of the nerves of the stomach and bowels, the above-mentioned or similar waters may likewise be recommended in some cases; in others, more benefit will be derived from an alkaline water, as Ems, or even from a light chalybeate. In those cases where the chief defect is a want of tone of the digestive organs, as frequently occurs in elderly people, and also in some young ones, the waters of Wiesbaden or Ems, or the cold acidulous and tonic ones of Kissingen, Fachingen, Bruckenau, or Schwalbach, according to circumstances, and the climates of Nice, Florence, or Naples, will generally be attended with the most advantageous results. In most disorders of the digestive organs, the moral influence of travelling through interesting countries, and the mind being exempted from anxiety and the cares of avocation (which perhaps were mainly instrumental in causing or prolonging them), will likewise produce a most beneficial effect.

Old East or West Indians, or other persons whose health has been deteriorated by a residence

in unhealthy climates, though they may not be labouring under actual disease of any particular organs, will mostly derive great advantage from a course of mineral waters, and wintering in Italy, before residing in England. I have known several who have returned from India, and whose health has become seriously impaired, which I consider to be in great measure owing to the sudden change from the climate and mode of living of India to those of England, which persons in advanced life, or in an impaired state of health, are ill calculated to bear. Such persons will frequently find the advantage of becoming acclimated to Europe, by passing the first winter or two in the south.

Hypochondriasis is closely allied with derangement of some part of the apparatus of digestion, of which it is in many instances a consequence, though not unfrequently a cause of such derangement, and occasionally exists independently of it. Hence the divisions of this complaint into the material and the nervous, which require a different mode of treatment, though climate produces an advantageous influence on both. In the former kind, medicinal means to remedy existing local disorder require to be adopted. Of the mineral waters best calculated for this purpose, I may mention Carlsbad, Mariensbad, Wiesbaden, Homburg, Kissingen, or Leamington, employed according as circumstances in individual cases may indicate; and this class of

remedies is better adapted for the treatment of this complaint than medicines, inasmuch as their operation is general, without over-stimulating particular organs, (which is very commonly the case in the exhibition of drugs), and the medicinal action is combined with the effects on the mind, produced by novelty of situation, change of air and mode of living, amusements, &c. In the purely nervous kind of hypochondriasis, where the disordered digestion appears to be a consequence of the morbid susceptibility of the nervous system, the cold waters of Marienbad or Kissingen, in some cases; Fachingen, Bruckenuau, and other chalybeates, in others, will be more applicable than the thermal springs; and the climates of Nice, Naples, Malta, or Pau, will generally be found to be productive of great advantage. Pau or Rome, for a short period, will sometimes be better than Nice or Naples, in the first variety of the complaint, especially if there be much general excitability of the system. This class of patients will, however, frequently derive more benefit by passing the winter between two or three of the above-mentioned places, than by remaining several months in any one of them.

GOUT and RHEUMATISM are, perhaps, more than any other class of diseases, capable of being relieved by climate, subsequent to the proper employment of baths of thermal water. I have had several opportunities during the last few

years of seeing persons labouring under that disease derive the greatest advantage from these last-mentioned remedies, which has been partly or altogether lost by their passing the subsequent winter in England or Ireland, and exposure to a cold and humid climate; though in many cases, on the other hand, the advantage has been permanent, notwithstanding these drawbacks. By a warm winter climate, the effect of the baths is, in fact, in great measure kept up till the ensuing summer, or at all events it is not counteracted by the impression of a cold and damp atmosphere upon the lungs and skin; though perhaps a greater degree of precaution is required on the part of invalids, with respect to regimen, and guarding against the transitions of temperature, in the south of Europe than in Great Britain. Gouty patients, when of an irritable habit, or where there is much tendency to inflammatory attacks, will generally find Pau or Rome agree better with them than either Nice or Naples, which, however, will be best adapted to certain other cases, where these counter-indicating circumstances do not exist. Rheumatic patients will often be benefited by passing November, December, and January, at either of the last-mentioned towns. They should, however, remove before the spring winds set in. For many of these patients Pau would not be so eligible, on account of its comparative humidity, neither would a prolonged sojourn at Rome be advisable.

TIC and NEURALGIC AFFECTIONS will likewise be frequently removed by a course of treatment similar to that above recommended, combined with local water or vapour douches. It is especially important in these cases to guard against exposure either to the heat of the sun, to cold winds, or to the night air, which are frequently instrumental in inducing a recurrence of the attacks. Nice or Naples may be recommended in some of these cases; in others these climates would be too exciting, and Pau or Pisa would suit better. A prolonged residence at Rome would often be prejudicial, but a visit for a few weeks might in some instances be made with advantage. Florence, in November and the beginning of December, would not be objectionable in most cases.

PARALYSIS.—The paralysis dependent upon apoplectic attacks, though, perhaps, not capable of being removed by climate or mineral waters, any more than by other remedial means, may yet frequently be relieved by these measures, and some of the distressing symptoms concomitant upon it may be essentially mitigated. For the cure and relief of some other kinds of paralysis, however, remedies of this kind are peculiarly adapted, and not unfrequently succeed when all else has failed to render effectual service. When paralysis of a part supervenes upon repeated attack of gout or rheumatism, from exposure to wet, from over-excitement consequent on ex-

cesses, from the action of malaria, &c., there is great probability of recovery from the judicious employment of these means, according to the peculiar circumstances in individual cases. In some cases Rome would be the preferable place for a winter residence, though not when there exists a tendency to determination of blood to the head, or in persons of a full habit; in some cases Pau or Pisa would agree better than Rome; to others, again, Nice, Naples, or Malta, would be better suited.

SCROFULA.—In this disease, or the tendency to it, marked by languor and torpor of the general system, debility, pallid unhealthy countenance, distension of the superficial veins, swelled glands, impaired digestion, &c., the influence of climate will be strongly marked. It is well known to most practitioners in Great Britain, where strumous affections are so common, that the great majority of such patients get better in the summer, but become worse in winter, notwithstanding the most approved methods of treatment; that these affections are principally met with in their aggravated forms in cold and humid localities, and among the poorer classes, who live upon coarse and frequently unwholesome food, and are indifferently protected by their houses and clothing from the vicissitudes of the weather. Among the children who work in the close and impure air of manufactories in some of the large towns, this disease is almost

endemic. Hence it may be supposed that climate is calculated to exert the greatest influence over it. In that form of the disease which is accompanied by general lassitude, torpor, and debility, languid circulation and digestion, enlarged glands of the mesentery or neck, yielding of the bones; &c., a somewhat exciting and dry climate, like Nice or Naples, would be most likely to be productive of advantage; but in those persons of fair florid complexion, quick irritable habit, and accelerated circulation, the above-mentioned localities would very likely disagree, and Pau, Rome, or Pisa, according to circumstances, would be preferable, particularly if there should be cough or other symptoms of pulmonary disease, in which case Madeira would also be likely to render service.

Elderly people, who are approaching, or who have passed, the grand climacteric, in whom there is a general failure of the powers of the system, will frequently derive the greatest advantage from mineral waters in the summer months, and an habitual residence in a southern climate in the winter, where they can enjoy the revivifying influence of the sun's rays, and take exercise out of doors almost daily. Rome generally agrees well with old people, if not liable to head affections. Florence has also its advantages for those who are not much affected by the atmospherical vicissitudes, its climate being more bracing than Rome. Naples, again, when not too exciting,

will be preferable in some instances, and Pau might suit several of those who would rather reside in France. The climate of Tours is likewise good, though colder and more variable than the south. But most persons, after having resided for a short period at any of the above-mentioned places, would be able to ascertain, by their own feelings, whether the climate were suited to them.

NERVOUS DISORDERS.—The advantage of travelling and climate in this class of complaints will scarcely be questioned by those who have had much opportunity of seeing how frequently they resist the efforts of medicine, and the great influence exerted over them by different states of the atmosphere. In some of these disorders, where, combined with a state of generally disordered health, there exists habitual depression of spirits, the brilliant skies, magnificent scenery, and animation of Naples, would be most likely to procure their removal: Nice would likewise be an advantageous locality for two or three months; or even Florence, which offers more resources for amusement, would not be objectionable. Pisa would not be recommendable, on account of its dulness, unless, perhaps, in some cases where there existed a morbid excitability of the system, in which also Pau would not be a bad locality. Rome would in most nervous complaints be objectionable for a prolonged sojourn, though there are exceptions, and a visit

of a few weeks will generally be productive of advantage to those who have never been there, or who take great interest in its ruins, or works of art, by which the mind may be beneficially diverted. In some cases of nervousness, which a long residence in Italy would tend to increase, the passing a winter at Munich will be beneficial, especially to those with whom a cold bracing air is likely to agree. Nearer home Wiesbaden would not be a bad winter locality for these, and some of the other complaints mentioned, where the baths might also be employed with advantage.

The diversion of the mind is a great point in these affections; hence travelling, and the moving from one place to another without hurry or fatigue, will frequently be more beneficial than residing for several months together in one place. In that class of nervous complaints to which I have endeavoured more particularly to direct the attention of the profession,* I have frequently had occasion to observe the great influence of moral and mental impression both in their production and removal, and the inefficacy of a treatment purely medicinal. Many of these complaints are, in fact, not unfrequently kept up for a long period, from the effect of habit, and from the patient's attention being concentrated upon them; any measures, therefore, which tend to break the chain of habitual

* Treatise on some Nervous Disorders. Second Edition.

thought will be most influential in their removal.

Women, it is well known, being endowed with a more finely-organised nervous system, and a greater degree of susceptibility, are much more liable than men to the different varieties of nervous disorder. But we see that some classes of women are comparatively exempt from these disorders, and also that some individuals of the higher and middle classes are not only more subject to them, but also to other deranged conditions of their health, which not unfrequently lay the foundation for consumption and other organic diseases; or, even if they do not actually shorten life, tend to deprive it of enjoyment. This tendency to disease depends, it is true, in some instances, upon natural weakness and delicacy, but it is likewise frequently acquired by the mode of life and education, by which the natural susceptibility to external influences is greatly increased. I have already alluded in a cursory manner to some of the predisposing causes of disease of a physical and moral nature; but with regard to the latter—which I consider to be more frequently instrumental in the production of disease among the upper classes of the community than is generally imagined—let us look a little higher in the scale of causation, in order to see how far the consequences, which numberless families have every year occasion to deplore, may admit of preven-

tion, which should be as much the object of the practitioner of medicine as the alleviation of disease when actually existing, the more especially as the scope of continental travel, one of the most efficient of these means of alleviation, is likely to be circumscribed for some time.

The influence of causes of a mental nature in predisposing to and in the production of many distressing diseases (though more than ever exerted at the present day), has not received from medical practitioners the degree of attention which its importance requires; hence a reason of the intractability of several of them under a purely medicinal treatment; and this influence will be the more felt in proportion as certain faculties are unduly exercised, and as others more conducive to the welfare are either allowed to remain inactive or their natural tendency to activity is repressed; and in proportion as individuals are endowed with a greater share of mental capabilities and sensitiveness of feeling, which have not remained undeveloped or become blunted by the necessity of manual labour for earning a livelihood, will the want of fit objects whereon to exercise these capabilities and feelings be more forcibly experienced. The mind, if not fed with adequate nourishment, will frequently prey upon itself, and induce a disordered state of its powers or of the bodily functions.

The English are endowed perhaps more than any other people with the combination of corporeal perfections and of mental capabilities of the highest order, which were never intended to lie fallow, for

"Sure, He that made us with such large discourse,
Looking before and after, gave us not
That God-like capability and power
To rust in us unus'd."

And, as our immortal bard in another place further observes—

"Spirits are not finely touch'd
But to fine issues :* nor nature never lends
The smallest scruple of her excellence,
But, like a thrifty goddess, she determines
Herself the glory of a creditor,
Both thanks and use."

Hence those capabilities and sentiments which form part of our nature, and which, when properly directed and employed, conduce to our well-being, may become, by neglect or misdirection, the sources of wretchedness and disease.

"An honorable and serious object of activity," says the author of a work of great interest, "preserves man from idleness and ennui, the source of numerous affective and intellectual disorders. Habits result from it which, excluding frivolous or guilty desires, prevent disappointments, satiety, and insatiability. Without a constant object of activity man is delivered up,

* For high purposes.—*Measure for Measure*.

body and soul, to external influences, and to the capricious appeals of his nervous organism.

“The more the object of activity is moral and elevated, the more powerful will be the action which it exercises upon the system. If it be a scientific discovery useful to society, all the sensorial and intellectual aptitudes, which may concur towards the realisation of the object, will be particularly solicited and developed in such a manner as to act with increasing energy and facility. If the object of activity be to raise up a family in the world, to adorn it with all the qualities which may cause it to prosper in the paths of virtue and honorable exertion, the care of education, and the solicitude of a profession, will divide the solicitude of the parents. If, on the other hand, the object of activity of a man or woman be the success of a drawing-room, the attaining a reputation for wit or beauty, or the receiving flattery and homage, the result will be an existence in which the most trifling and inevitable causes will occasion unhappiness and despair.

“How many persons are there who voluntarily inflict upon themselves the torments of inaction and the pains of an agitation without an object? There are some at whose feet society complacently lays the power and means of action, the instruction and the encouragement best fitted to direct their activity towards the conquest of an honorable and serious object, and whom

their education gives up without pity to all the ennui, all the vicissitudes, all the torments of idleness! They can only avoid the sufferings which oppress them by abandoning to circumstances, or to their own inclinations, the charge of giving rise to a frivolous and dangerous object of activity. It then happens that they escape for a brief period from the pains of ennui, in order to plunge into the abyss of passions, in which are often swallowed up at the same time fortune, health, honour, and reason. It is thus that a great number of affective and intellectual disorders, which are ascribed by practitioners to the empire of the passions, accuse, beyond these passions and the neglect of education, a cause more distant and more deeply hidden.”*

If this be to a certain extent the case in France, how much more must it not be so in this country, where the causes are more generally operative?

One of the most popular authors of the day† repeats an opinion which is very generally entertained, viz., that there is a greater degree of discontent among the rich classes in England than those of any other nation, which he considers to depend upon the circumstance of “eager minds being placed in a dull and insipid circle, whence arises the desultory love of travel,

* Des Fonctions et Maladies Nerveuses dans leur Rapports avec l'Education. Par le Dr. Cerise.

† Sir Bulwer Lytton—“England and the English.”

for which the English have long been remarkable." To the same cause is doubtless attributable those disturbances of the public peace, formerly of such frequent occurrence, and duly chronicled in the police reports, under the head of "gentlemanly amusements;" and in fact, from the causes already referred to, the Englishman makes a very bad idler, and can seldom, like the Italian,

"Lose and neglect the creeping hours of time,"

existing on the "far niente" principle, without experiencing, one way or another, the prejudicial consequences of a want of occupation. To this eagerness and activity of mind, combined with resolution and perseverance, is owing the spirit of enterprise and daring by which the British are characterized, which has mainly contributed to render them pre-eminently successful in war, foremost in the advancement and perfection of arts, sciences, commerce, and industry; and consequently to raise our country to the high position in the scale of nations which she has so long occupied, and must continue to occupy—

"If England to herself do rest but true."

Most persons who have at all considered the subject in an unprejudiced manner will, I think, be disposed to admit that the methods hitherto adopted in educating a large proportion of the higher and middle classes are far from

being calculated to fulfil the objects which constitute the proper aim of education (viz., the full development of the bodily, moral, and intellectual faculties), and not unfrequently have an opposite tendency. How often has it not happened, as a consequence of the system which has been pursued at some of our public schools, and at the universities, that the exercise of the finest qualities of the soul is repressed, and that of the mental powers contracted; and hence the deficiency of general information is not unfrequently painfully felt by young men on entering the world, leading many of them to think with Montaigne, that "C'est un bel et grand agencement sans doute, que le Gréc, et le Latin, mais on l'achete trop cher," and to feel in after life that if a more intimate acquaintance with history, various departments of science and art, modern languages, literature, &c., had been cultivated in youth, they would possess a variety of resources within themselves, which would enable them to resist the approaches of ennui, without having recourse to means of excitement which enervate the body and mind, and rarely fail to induce a corresponding degree of subsequent depression.* There are other powerful reasons (which are every year

* This great error in the system of education pursued at our public schools was soon perceived by an illustrious personage, who could not fail to observe the contrast with respect to the degree of information possessed by the young men of his native and those of his adopted country, and who, not long after his arrival, gave a very strong hint to this effect by establishing at Eton an annual prize for proficiency in

becoming more apparent) strongly indicating the necessity of a more extended system of education—such as the universal diffusion of information of a general and practical nature among the inferior classes; the present disturbed state of Europe (which sooner or later must produce its effects upon this country), &c., into the consideration of which it would be foreign to the purpose to enter; my object being in this place merely to state my conviction, that the too exclusive attention bestowed in our public schools and universities upon matters in which few young people take any interest, and which have no reference to what is going on in the world around us, is an indirect cause of much of the discontent and ill health which affects many of those who have no fixed and regular occupation for their time, by leaving them in after life devoid of mental resources.

There are, it is true, exceptions sufficiently numerous to retrieve, in some measure, the character of the English among other nations, with respect to the variety and solidity of information upon general subjects; but these are entirely owing to individual energy and exertion, tending to make up for lost time, and from the necessity of such information being apparent to

modern languages, which has since, to a certain extent, been acted upon. The election of the Prince to the Chancellorship of the University of Cambridge will, it is thought, likewise have a most beneficial effect in improving the system hitherto pursued.

those who have a higher ambition than merely to vegetate through the period of their existence. Indeed, a very slight consideration will suffice to show that it is not surprising that a large proportion of those whose time has been chiefly engaged upon subjects in which no interest is felt, or has been frittered away in mere pleasure, should, when youth has faded (and sometimes before that period) find themselves unable to amuse or be amused without objects whereby to occupy the mind or to touch the heart, and that, having "felt the fullness of satiety," many should have to learn, from bitter experience, how commonly it is—

"The constant revolution, stale
And tasteless of the same repeated joys
That palls and satiates, and makes languid life
A pedlar's pack that bows the bearer down.
Health suffers, and the spirits ebb; the heart
Recoils from its own choice, at the full feast
Is famished—finds no music in the song,
No smartness in the jest, and wonders why."

That this state, and the feeling of isolation which accompanies it, should frequently induce various diseases is self-evident, and these seldom admit of more than palliation by medical treatment, unless the mind can be diverted, the habits changed, and a proper object of activity pursued; hence resource is frequently had to travelling, which is perhaps one of the most efficient means of relief, though often losing its effect by repetition.

Another cause of the dissatisfaction and ennui which so frequently occur, and so commonly terminate in disordered states of health, is the comparative unsociability of disposition which characterises many of the English, and which arises, in some instances, from a degree of natural bashfulness or reserve, but more frequently from the spirit of coterie, by which society is divided into a variety of gradations, separated from each other, and leading individuals to endeavour to outdo others in appearance, which may enable them to raise themselves a degree higher in the social scale, and to look down upon those whom they consider to be beneath them. Hence cordiality is banished, selfishness is encouraged, and by mixing only with one set of associates the ideas become circumscribed, and the powers of the intellect rusted.*

With reference to the disposition to ostentation

* This tendency to individual isolation is illustrated by the mode pursued in the clubs. These establishments were originally formed for purposes of sociability, but at the present day most of their members would prefer dining alone at a separate table on a steak to partaking of a properly served house-dinner at the same price; and if one were to address another, to whom he had not been introduced, on any commonplace topic, it is not improbable that the answer would be abrupt and monosyllabic, discouraging any further intercourse. The same rule seems to obtain in all public places, and persons not unfrequently travel together for hours without speaking a word, as if an interchange of the ordinary courtesies of society were necessarily to entail upon any one the acquaintance of an objectionable character. As, however, "man was not born to live alone," this self-isolation is severely felt by many, producing its prejudicial effects upon the disposition and health.

and vying, when, as not unfrequently happens, the means are inadequate to its support, Dr. Cerise remarks:—"The false luxury of the rich becomes the real luxury of the poor, and in this dangerous career of imitation the necessary is often sacrificed to the superfluous. Hence the painful pre-occupations of misery concealed beneath gilded and silken trappings—a misery the more fruitful in painful agitations inasmuch as it decks itself the more with the externals of affluence, and apes with greater efforts the smile of happiness. Poverty which condemns itself to pay the tribute exacted from opulence is the most fruitful source of moral and physical sufferings. The social and private education which propagates so deplorable a passion is responsible for the numerous evils which result from it."*

Lord Byron corroborates the preceding opinions by saying—

"It need not cost much showing
That many of the ills o'er which man grieves,
And *still more woman*, come from not employing
Some hours to make the remnant worth enjoying;
And hence high life is oft a dreary void,
A rack of pleasures, &c."

and, in fact, if the want of fit objects whereon

* This is doubtless one of the causes which have tended to bring about the revolution in France, where, however, the above quotation would at present be no longer applicable, as all are desirous of appearing poor, from the apprehension that those known to have property are likely to be severely mulcted to meet the exigencies of the state.

to exercise the faculties be the source of much of the unhappiness and ill health to which a proportion of the male population is liable, it certainly is no less so among females, by whom the consequences are much more severely felt, inasmuch as in England women are debarred by custom from taking an active interest in affairs, are exposed to chagrins and annoyances from which men are exempt, and, for the most part, lead an in-door life, by which their nervous susceptibility is exalted, which, combined with the absence of regular occupation, tends to render many of them extremely liable to the encroachments of disease. The author of a popular work observes on this point, "The intellect and feelings not being provided with interests external to themselves, must either become inactive and weak, or work upon themselves and become diseased. In the former case the mind becomes apathetic, and possesses no ground of sympathy with its fellow-creatures; in the latter, it becomes unduly sensitive, and shrinks within itself and its own limited circle, as its only protection against every trifling intrusion."

An authoress, whose work has gone through numerous editions within a short period (which shows that the importance of the subject upon which she writes is strongly felt and appreciated), likewise says, "One of the most striking features in the character of the young ladies of the present day is the absence of contentment;

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they are lively when excited, but no sooner does the excitement cease than they fall back again into their habitual listlessness, under which they so often complain of their fate, and speak of themselves as unfortunate and afflicted, that one would suppose them to be the victims of adversity, did not a more intimate acquaintance with their actual circumstances convince us that they are surrounded by everything conducive to rational comfort." *

The talented author of the article "Hysteria," in the "Cyclopædia of Practical Medicine," observes, "In England, where an acute sensibility is less desired for young women than accurate powers of *calculation*, the improper expectations, the vain rivalries, the restless and frivolous pleasures of fashionable life, are but too well calculated to produce all the varieties of nervous disorders in young persons whom an affected refinement has debarred from active and natural exercises; and whose minds have never been subjected to the influence of self-control; whilst the want of all love of literature, or acquaintance with science, and consequently of all companionable qualities of a higher kind, diffuses an ennui over society, that every one feels without thinking of its source, and by which the whole movable community is driven about from one place of public resort to another, without useful objects, without attachments, without duties ;

* Ellis, "The Women of England."

leading to the habitual neglect of all self-government, and the creation of much domestic wretchedness."

Dr. J. Johnson remarked on the same subject, "Few are acquainted, or are capable of becoming acquainted, with the baneful consequences of this system; but many are doomed to feel them. The poisoned arrow, in this case, leaves no wound, but the venom meanders slowly through the veins, and effects its destructive work unseen and unknown. What but evil can be expected from a system of education which enervates the mind and enfeebles the body—which polishes the external senses, and leaves the intellect a prey to rust and moth—which excites the imagination and obtunds the judgment—which, to speak out plainly, fosters mere animal feeling, and discourages moral sense?" The same author, in another of his works, further says, "Female education is indeed more detrimental to health and happiness than that of the male. Its grasp, its aim, is at accomplishments rather than acquirements—at gilding rather than gold—at such ornaments as may dazzle by their lustre, and consume themselves in a few years by the intensity of their own brightness, rather than those which radiate a steady light till the lamp of life is extinguished."†

M. Aimé Martin likewise observes, "Certainly if the life of women were to be restricted to

* Change of Air.

† Economy of Health.

exhibitions and *fêtes*—if their business were only to dazzle and to please—the great problem would be resolved by this education of *soirées*; but the hours of pleasure are short, and in their train follow the hours of reflection. The life of home, moral life, the duties of mother and wife, all this comes, and all has been forgotten. Then they find themselves as in a void in the bosom of their families, with romantic passions, and unrestrained exaltation and ennui, that great destroyer of female virtue. The lamentation over the fatal consequences of this state of matters assail our ears on all sides: it is the cry of all mothers—the complaint of all husbands; and in these painful straits, wherein each one is agitated and desponding, the worst effect is that indifference terminates all.”*

“The great question with regard to modern education,” says Mrs. Ellis, “is, which of these two classes of feelings does it instil into the mind? Does it inspire the young women of the present day with an amiable desire to make everybody happy around them, or does it teach them only to sing and play, and speak in foreign languages, and consequently leave them to be the prey of their own disappointed feelings whenever they find it impossible to make those qualifications tell upon society?”

* “The Education of Mothers of Families,” being the work to which the prize of the French Academy was adjudged, translated from the third Paris edition, with Remarks on the Influence of the Prevailing Methods of Education upon Health and Happiness. Whittaker and Co.

A popular author (Bulwer) says, upon the same subject, "It seems odd enough to me, that while young ladies are so sedulously taught all the accomplishments which a husband disregards, they are never taught the great one he would prize—they are taught to be exhibitors: he wants a companion."

Thus we may perceive how often the too exclusive reliance upon qualifications calculated merely to captivate the senses tends to produce the *mésalliances*, which are of such common occurrence. "Il importe en amour," says a French authoress, in allusion to personal beauty, "que les impressions viennent des beautés morales, celles qui produisent les beautés physiques, s'effacent trop promptement." And the same sentiment has been aptly illustrated by the poet, in the simile with the boy and the butterfly—

"The lovely toy, so fiercely sought,
Has lost its charm by being caught,
And every touch that wooed its stay
Has brush'd its brightest hues away;
Till charm, and hue, and beauty gone,
'Tis left to fly or fall alone."

For as it is in the nature of things that mere impressions upon the senses, if not varied, should be succeeded by satiety, it is not surprising indifference and inconstancy should so frequently supervene upon alliances contracted solely or chiefly with reference to such qualifications, too often verifying the allegory of the incompatibility

of the wings of Cupid with the fetters of Hymen.

"Marriage is accused," further says M. Aimé Martin, "of all the evils which I have sketched—an unjust accusation. Marriage is good; it is our methods of education which are bad. Whatever, therefore, would amend these methods would render the state of marriage more happy. Examine the first choice of a young girl. Amongst all the qualities that please her in a lover, there is perhaps not one which would be suitable in a husband, and, in fact, she frequently notices little else of him than his figure, or the style of his dress. Is not this then the most complete condemnation of our system of education? From an apprehension of too strongly affecting the heart, we conceal from women all that is worthy of love; we suffer the sense of the beautiful which exists in them to be dispersed among futilities: the outside pleases them; what is within is unknown. When, therefore, after an union of six months, they look for the delightful young man whose presence charmed them, they are often very much surprised to find in his stead an impertinent fellow or a fool; yet this is what is commonly termed in the world a marriage of inclination."

"Les hommes seront toujours ce qu'il plaira aux femmes. Si vous voulez qu'ils deviennent grands et vertueux, apprenez aux femmes ce que c'est grandeur et vertu," says Jean Jacques

Rousseau, and, in fact, men receive their first impressions and ideas, which generally give a bias to their character in life, from their mothers, who have the charge of their early education ; and that the influence of women in the social scale, which so greatly contributes to the civilization and happiness of mankind, is necessarily dependent upon the degree of cultivation of the intellectual and moral qualities, is abundantly proved by the contrast presented in the condition of different communities, and even by that of different families in the same community, according as the women are possessed of information and a due sense of moral obligations, or are deficient in these respects. Look at the state of the peasantry and labouring classes in different countries, or even in different districts of the same country ! Wherever you see the men brutalized, and void of religious or moral principle, you may be pretty sure there is a want of a proper controlling influence of the women, who not unfrequently participate in the general demoralization. Contrast also the position, in this respect, of the more civilized countries of Europe with that of eastern countries, where women are considered only as "materials for pleasure." The Turk or Asiatic leads a purely animal existence, and dreams of little else than sensual gratifications, to which also he is led to look up as the source of happiness in a future life ; but which, even supposing the perpetual

absence of the "dull satiety which all destroys," would be insufficient for an intellectual being, who cannot but feel that—

"Or bathed in bliss, or overwhelmed with woe,
The heart will still require a kindred heart.
Divided joy bids double joy o'erflow,
And pain divided loses half its smart."*

The preceding extracts from medical and non-medical authors may suffice to exhibit a more just view of the pernicious effects so commonly consequent upon the usual system of education. I will, therefore, conclude by referring those who are desirous of pursuing the subject to the work of M. Aimé Martin.

A reason why marriages either of inclination or *convenance*, or when contracted for the reason (which is by no means the least frequent) expressed by the King in the opera of the *Cenerentola*—

"Che a star solo s'annoió,"

to decide upon entering the holy state—when not followed by domestic happiness, should be more frequently attended by a disordered state of the health of women in England than in some other countries, will, I think, be sufficiently obvious. In France and Italy, young girls pass for the most part a secluded sort of life, and are generally anxious to be married, as the means which will enable them to enter into and have a position in society, frequently without being

* Translated from Goethe.

very particular as to the individual who is presented to them as their future husband; whereas, in England, young ladies are frequently made the idols of society, enjoying all its pleasures before marriage, and have, or are supposed to have, a free choice in the acceptance or refusal of those who aspire to be their husbands, and after that event retire into the comparative seclusion of domestic life; when, if unhappy in their choice, or if not possessed of sufficient resources for occupation and amusement, they are apt to fall into low spirits, and to reflect with bitterness on the contrast which its monotony presents to their former mode of existence,

“ When life itself was new,
And the heart promised what the fancy drew.”

Not but that the pleasures of general society, which are at first so attractive, are often felt after a few seasons to be extremely monotonous, even if they do not become actually distasteful, though perhaps they are still continued from habit, or from having nothing else to do. “*Les festins, les danses, les mascarades,*” says Montaigne, “*rejouissent ceulx qui ne les veoyent pas souvent, et qui ont désiré de les veoir; mais à qui en fait ordinaire le goust en devient fade et malplaisant. Qui ne se donne loisir d’avoir soif, ne scauroit prendre plaisir à boire.*”*

If this be frequently the case under ordinary

* *Essais.*

circumstances, among those who are comparatively free from cares, and who have "all appliances and means to boot," how much more so must it be with others, when there are super-added the various positive causes of mental annoyance which are sometimes concealed beneath smiling countenances in the glittering saloon, and which it is unnecessary further to particularize!

I have thus enumerated some of the more frequent causes of a mental origin which predispose to disease, but there are others which might have been mentioned, and which, as well as the above, if not altogether peculiar to England, are at all events productive of more serious consequences than elsewhere; and the influence of these causes will be quite sufficient to account for the greater degree of discontent, ennui, and ill health, without the necessity of our ascribing these effects to our variable climate, thick foggy atmosphere, &c. These, it is true, are not unfrequently the exciting causes of disease, but, were it not for the others, which render the body more liable to be affected, their sphere of operation would be infinitely more circumscribed. This is shown to be the case by the comparative freedom of some classes, who lead regulated lives, and are engaged in pursuits which are sufficient to occupy their time without being attended with much anxiety, from several diseases which are extremely prevalent among

other classes. The climates of Holland, and of many parts of Germany, are much worse than ours, and yet the proportion of several diseases and disordered states of health, which are so prevalent among the upper and middle classes—especially females—in England, is infinitely smaller among the higher classes of these countries, because their education and mode of life are different from ours. The variableness of our climate is, in fact, as has already been observed, more favourable to health and exertion than the reverse, for persons in good health; but it does not follow from this that a change to another climate would not often be beneficial, or that it is not frequently indispensable for invalids.

As far as beauties of scenery, natural curiosities, and other objects calculated to restore the health, by diverting the mind, are concerned, the British Isles possess equal advantages with many parts of the Continent; and less of the inconveniences of travelling will generally be experienced in excursions to several of the localities most visited by tourists in England, Wales, Scotland, or Ireland, than on the Continent, though these inconveniences are not unfrequently greatly instrumental in the attainment of the object which is sought for; and when the mind is agreeably excited, travelling has also the effect of rendering the body much less susceptible to external influences, which, under

other circumstances, would often be severely felt. I have known several persons in delicate health, who when stationary at home were extremely liable to be affected by slight changes of the weather, and were unable to walk a short distance without feeling greatly fatigued, who, when sight-seeing abroad, as among the mountains of Switzerland, have been able to undertake walks of several miles without experiencing sensations of fatigue, and who, after having got wet through in the rain, were unable to take off their clothes till they had become dry, without taking cold or being otherwise prejudicially affected. The appetite, likewise, being sharpened by travelling and constant change of air, not only renders persons much less particular as to the quality of the food which is set before them, but enables the stomach to digest with facility many substances which would at other times be likely to disagree. Road travelling for health or pleasure is, however, almost superseded in England, or at all events is restricted to the summer and early autumnal months; whereas a principal advantage of many parts of the Continent frequented by the English is, that a journey may be undertaken at almost any time of the year, and, as I have before said, a residence at any of these places enables persons to be more out of doors in the winter than they could be in England. The Continent likewise possesses advantages over England, on account of the greater

variety of impressions produced by the novelty of seeing the different habits, manners, &c., of the people, and of hearing a foreign language; the towns also offer a much greater variety of resources, in the numerous galleries, objects of art, &c., likely to excite an interest, so that, when a protracted absence of several months from home is contemplated, it would be preferable, though for the present not so available as heretofore.

With respect to the permanent residence of individuals in health, the Continent has its advantages and disadvantages. Single men and others, who have no particular ties, and can move from place to place, find more resources in the way of occupation and amusement, at a comparatively cheap rate, than they could do in England. There is likewise more association abroad, from the circumstance of people meeting more at public places, as restaurants, cafés, tables d'hôte, theatres, and from their being for the most part *desœuvrés*, or in pursuit of the same object—amusement; whereas in England many of this portion of the population, who have not a large circle of acquaintance, are frequently under the necessity of eating their solitary dinner in their apartments, or at their club, and of passing the evenings alone. This is one of the reasons why a prolonged sojourn in London is distasteful to those foreigners who have but few friends and no fixed occupation. The above-

mentioned circumstances, however, tend to beget in our countrymen the habit of a wandering, idle, and unsettled sort of life, which many of them find, after a time, to be but ill suited to their natural activity of disposition, and are consequently greatly instrumental in the production of discontent and ennui.

The principal inducements for families to prefer a residence on the Continent to England are economy, the comparative facilities for the education of children, as far as languages and accomplishments are concerned, and the more easy and unrestrained tone of society. Persons, it is true, might live in many parts of England as cheaply as on the Continent, but they could not procure the luxuries of life at so low a rate. Thus, house-rent, the keep of carriages, horses, servants, the price of wines, public amusements, &c., are in many towns little more than half the expence which they would be in England, and in some places are much less: a family might, for example, live in any of the principal towns in Italy for six or eight hundred pounds a year; in the same manner which would require two thousand in London. In the towns of Germany and the south of France the rate of living is even lower. Many, however, who do not remain the whole year at one place, add considerably to their expenditure by travelling about from place to place. Florence is, perhaps, on the whole, the most eligible town for a permanent residence

in Italy. Tours, Pau, or, where English society is not required, Toulouse, in the south of France; Munich, Dresden, Wiesbaden, and Frankfort, are the most eligible among the towns of Germany. Brussels presents many advantages, but is nearly twice as expensive a residence as Bruges. Boulogne is the pleasantest residence in the north of France. Several English have established themselves at Caen and other towns in that neighbourhood, where living is very cheap; though I cannot speak of its other advantages, never having visited that part.

With regard to education, though instruction in accomplishments is more easily obtained abroad, and a knowledge of languages is best acquired in the different countries, yet it is very questionable whether a prolonged residence for young people on the Continent be not rather disadvantageous than the reverse, in more respects than one. The passing of several successive years in Italy, or even a single year in some instances, is generally prejudicial as far as health is concerned, especially to young people, from the relaxing and enervating nature of the climate, and the prevalence of malaria in some parts. Young ladies, in particular, frequently exhibit in their countenances and general appearance the marks of a prolonged residence in a southern clime, and I perfectly agree with Lady Blessington, who is likely to be a very good judge of such matters, that "the

Italian climate has the same effects on female beauty as a hot-house on rose-buds; but it quickly withers full-grown roses. Women of twenty-five in Italy look quite as *passées* as those of thirty-five in England, and after twenty they lose that freshness of complexion which forms so great a charm in our young women. In short, they want the appearance of youth, for the absence of which no beauty can compensate."*

England likewise has greatly the advantage over Italy for a permanent residence, as far as longevity is concerned, to which circumstance reference has already been made. Thus, at Naples the average annual mortality is about one in twenty-eight persons of the whole population; at Florence and Rome it is not much less; whereas in London it amounts only to one in forty; and taking the account for the whole of England, to no more than one in sixty; so that, if these statistics be correct, the advantage of England in this respect is manifest; but it does not follow that those who have the power of choosing the periods of their residence may not frequently avail themselves of that which is good in both, and derive much gratification, as well as benefit to their health, by a visit to the Continent for a portion of the year.

* Idler in Italy.

NOTE.

It is very advisable for invalids, while travelling, as well as persons in health, not to sit too long at a time in the carriage, but to get out now and then to walk up the hills, or at the post-stations, as, by so doing, the fatigue consequent upon the muscles being kept long in the same position will be avoided. Those persons who labour under serious affections of the air-passages may be provided with a Jeffrey's respirator, though its too frequent use is not to be recommended, as tending to render the organs more susceptible. A pair of leather sheets may be placed beneath the seat-cushions, as a precaution against damp beds, which, however, are seldom met with in France or Italy. Essence of ginger is a useful stimulant; and a teaspoonful in a cup of tea on arriving after a day's journey is very refreshing. Those who are in weak health, and travellers in general, should eat very sparingly of animal food when on a journey, as it tends to produce heat and flushing. Black tea is one of the most useful articles travellers can be provided with, as it is seldom good in small towns or at inns on the road. As an evening meal, tea, with a little cold meat or chicken, is much preferable to a hot dinner or supper, which not unfrequently is a cause of sleeplessness. Those who are subject to cold feet should be provided with short boots of coarse cloth, to slip on and off, over their ordinary boots, as occasion may require; and a small feet-warmer should be placed in the carriage. A large medicine-chest, which is a constant companion of many families, will be cumbersome and unnecessary, as almost all drugs and medicines of good quality may be obtained in all the towns frequented by invalids. A small chest containing a few articles likely to be required at out-of-the-way places (as lint, soap-plaster, James's powder, a small quantity of calomel, laudanum, extract of henbane, spirits of ammonia, tartarised antimony, castor oil, rhubarb, weights and scales), will, however, be a useful precautionary addition to the luggage.

THE END.

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